

**copy
cat
media**



ON YOUR TURN

BEGIN

- Setup lands and creatures
- Draw a card

MAIN PHASE

- Play a land (only 1 per turn)
- Cast creatures and/or sorceries

COMBAT

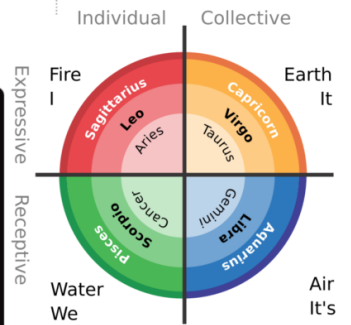
- Declare attackers
- Your opponent declares blockers
- Combat damage is dealt

MAIN PHASE (AGAIN)

- Play a land (if you haven't already)
- Cast creatures and/or sorceries

END

- Your creatures heal
- Pass the turn to your opponent



Sustainable Development Goals

The Sustainable Development Goals (SDGs) or Global Goals are a collection of 17 interlinked goals designed to be a "blueprint to achieve a better and more sustainable future for all". The SDGs were set in 2015 by the United Nations General Assembly and are intended to be achieved by the year 2030.

(1) No Poverty, (2) Zero Hunger,
(3) Good Health and Well-being,
(4) Quality Education, (5) Gender
Equality, (6) Clean Water and
Sanitation, (7) Affordable and
Clean Energy, (8) Decent Work and
Economic Growth, (9) Industry,
Innovation and Infrastructure,
(10) Reducing Inequality,
(11) Sustainable Cities and
Communities, (12) Responsible
Consumption and Production,
(13) Climate Action, (14) Life
Below Water, (15) Life On Land,
(16) Peace, Justice, and Strong
Institutions, (17) Partnerships for
the Goals.



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Water, (15) Life On Land, (16) Peace,
Justice, and Strong Institutions,
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A CULTURE OF PEACE DECLARATION AND RESOLUTION

"since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed", Recognizing that peace not only is the absence of conflict, but also requires a positive, dynamic participatory process where dialogue is encouraged and conflicts are solved in a spirit of mutual understanding and cooperation, Expressing deep concern about the persistence and proliferation of violence and conflict in various parts of the world

Article 1, A culture of peace is a set of values, attitudes, traditions and modes of behaviour and ways of life based on:(a) Respect for life, ending of violence and promotion and practice of non-violence through education, dialogue and cooperation... Eradicating poverty and illiteracy and reducing inequalities within and among nations; (g) Promoting sustainable economic and social development; (h) Eliminating all forms of discrimination against women through their empowerment and equal representation at all levels of decision-making; (i) Ensuring respect for and promotion and protection of the rights of children; (j) Ensuring free flow of information at all levels and enhancing access there to; (k) Increasing transparency and accountability in governance

Card title

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4

Creature — Creature Type



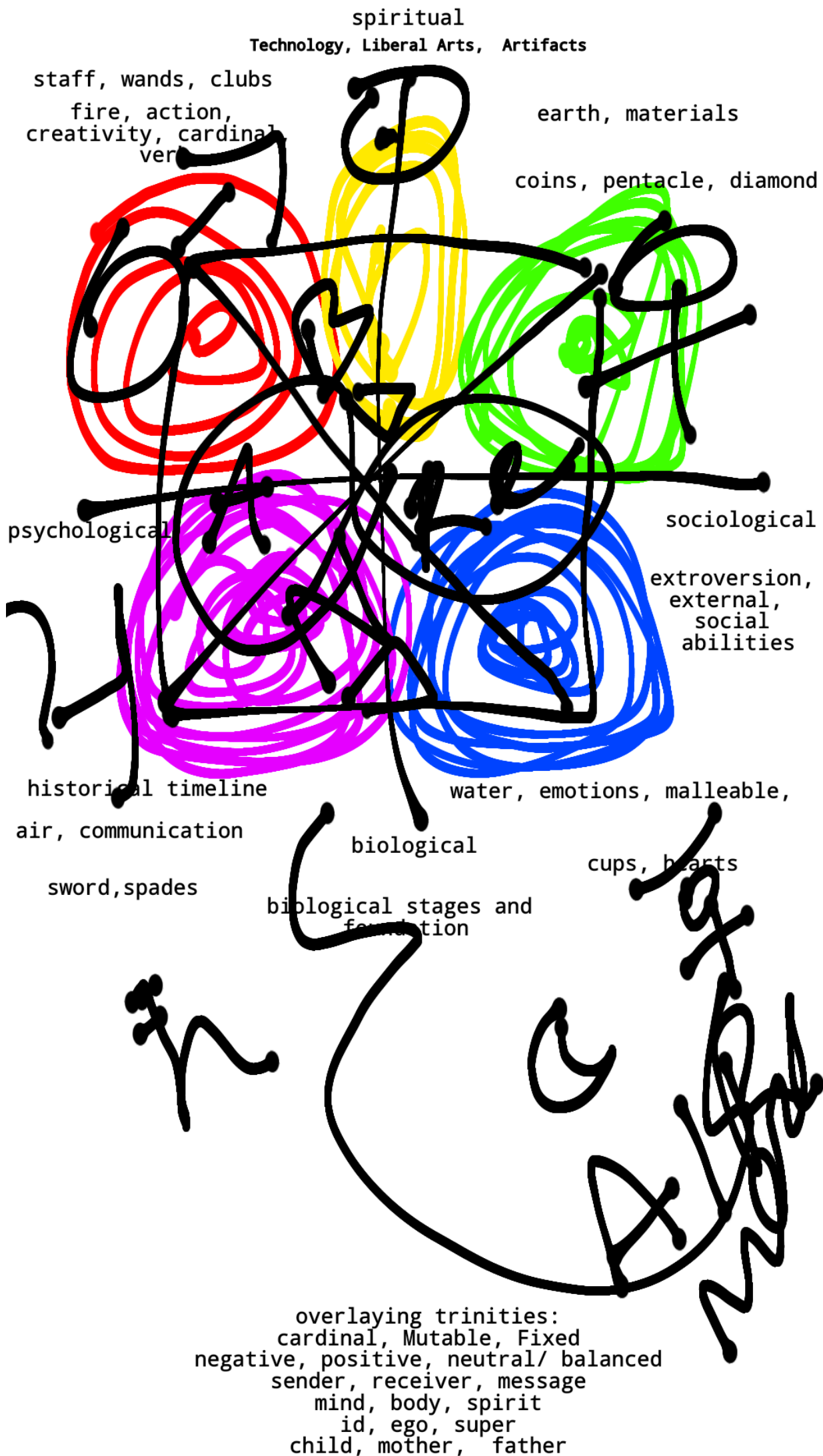
Card specific rules would enter here.

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art.i.facts

Buckminster Fuller





TABOO

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SHAME



Shame is an unpleasant self-conscious emotion typically associated with a negative evaluation of the self; withdrawal motivations; and feelings of distress, exposure, mistrust, powerlessness, and worthlessness

DISGUST



Disgust (Middle French: *desgoûster*, from Latin *gustus*, "taste") is an emotional response of rejection or repulsion to something potentially contagious or something considered offensive, distasteful, or unpleasant. In *The Expression of the Emotions in Man and Animals*, Charles Darwin wrote that disgust is a sensation that refers to something revolting. Disgust is experienced primarily in relation to the sense of taste (either perceived or imagined), and secondarily to anything which causes a similar feeling by sense of smell, touch, or vision. Musically sensitive people may even be disgusted by the cacophony of inharmonious sounds. Research continually has proven a relationship between disgust and anxiety disorders such as anorexia, blood-injection-injury type phobias, and contamination fear related obsessive-compulsive disorder (also known as OCD).



Cognitive behavioral therapy (CBT) is a psycho-social intervention that aims to improve mental health. CBT focuses on challenging and changing unhelpful cognitive distortions (e.g., thoughts, beliefs, and attitudes) and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems. Originally, it was designed to treat depression, but its use has been expanded to include treatment of a number of mental health conditions, including anxiety. CBT includes a number of cognitive or behavior psychotherapies that treat defined psychopathologies using evidence-based techniques and strategies.

HIERARCHY OF NEEDS



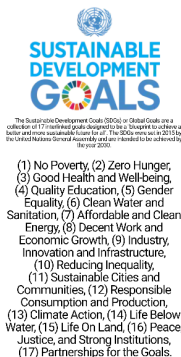
Maslow's hierarchy of needs is used to study how humans intrinsically motivate in behavioral motivation. Maslow used the terms "physiological," "safety," "belonging and love," "social needs" or "esteem," and "self-actualization" to describe the pattern through which human motivations generally move. This means that in order for motivation to enter in the next stage, each stage must be satisfied within the individual themselves. Additionally, the theory is a main basis in knowing how effort and motivation are correlated when discussing human behavior. Each of these individual levels contains a certain amount of internal sensation that must be met in order for an individual to complete their hierarchy. The goal in Maslow's theory is to attain the fifth level or stage: self-actualization.

Maslow's theory emerged and was informed by his work with Blackfoot Nation through conversations with elders and inspiration from the shape and meaning of the Blackfoot tipi. However, Maslow's theory has been criticized for misrepresenting the Blackfoot worldview, which related places self-actualization as a basis for community actualization and community actualization as a basis for cultural perpetuity, the latter of which exists at the top of the tipi in Blackfoot philosophy.

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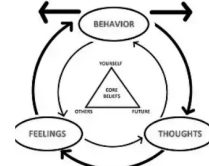
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DISGUST



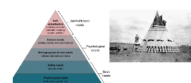
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COGNITIVE BEHAVIORAL THERAPY



Cognitive behavioral therapy (CBT) is a psycho-social intervention that aims to improve mental health. CBT focuses on challenging and changing unhelpful cognitive distortions (e.g., thoughts, beliefs, and attitudes) and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems. Originally, it was designed to treat depression, but its use has been expanded to include treatment of a number of mental health conditions, including anxiety. CBT includes a number of cognitive or behavior psychotherapies that treat defined psychopathologies using evidence-based techniques and strategies.

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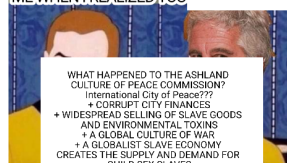
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ME WHEN I REALIZED YOU

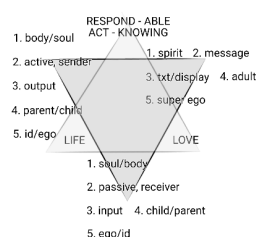


WHAT HAPPENED TO THE ASHLAND CULTURE OF PEACE COMMISSION? International City of Peace???
- CORRUPT CITY FINANCES
+ WIDESPREAD SELLING OF SLAVE GOODS AND ENVIRONMENTAL TOXINS
+ A GLOBAL CULTURE OF WAR
+ A GLOBALIST SLAVE ECONOMY CREATES THE SUPPLY AND DEMAND FOR CHILD SEX SLAVES
+ YOU ARE EPSTEIN

ASHLAND DOCUMENTARY FILMMAKER AND DIRECTOR SJ BARRETT OF:
- THE ECO SUMMIT
- THE APCP
- CASCADIANOW!
- Indigenous Ceremonial Change Process
- Museums, Change and Our Future
- The Alive Proposal
- Wildflowers, Mushrooms and Lichen of the Pacific Northwest

HOMELESS, COLD AND HUNGRY
City by City Nationwide: Anti-Human, Anti-Life policies
The Statue of Responsibility
Every Struggle is For Breath: I Can't Breathe, Life Matters, Water is Life, Pro Life is Pro Choice, Pride in Diversity, Life with Dignity Act (THE SUNSHINE CLAIM)
CC: Conscious Culture is #thelovemovement

1. Survival to Thriving (bio conditions, wills to pleasure and control) - security/defense (LIFE)
2. Conforming to Belonging (productive/ healthy/ efficient/ working relations) - (LOVE)
3. reliance to mastery, self realization and individuation, will to meaning - (true KNOWLEDGE is action)



Shhhhh
FUCK THE

SYSTEM

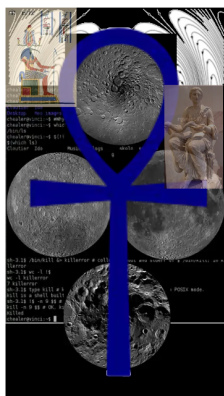
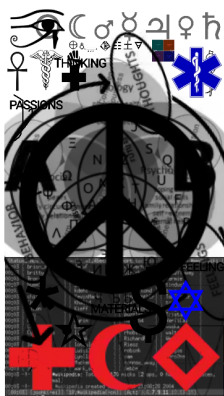
;) 

THE DARK
NOTES /
FAIR

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MATHS
16-H
f

Q. 3A1
MATHS
16-H
f

THE
CRUS
MADHIG



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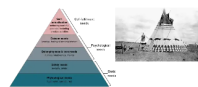


The caduceus "herald's wand, or staff", is the staff carried by Hermes in Greek mythology and consequently by Hermes Trismegistus in Greco-Egyptian mythology. The same staff was also borne by heralds in general, for example by Iris, the messenger of Hera. It is a short staff entwined by two serpents, sometimes surmounted by wings. In Roman iconography, it was often depicted being carried in the left hand of Mercury, the messenger of the gods.



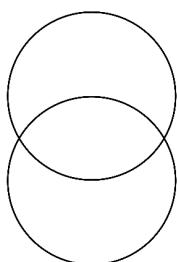
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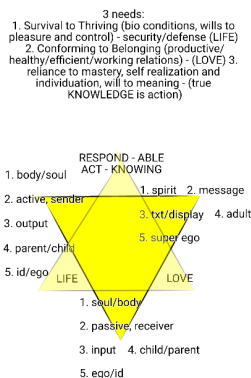
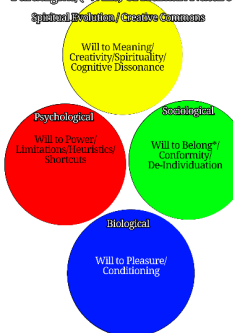
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Biopsychosocial Model and 4 Paradigms ("Wills") of Human Nature



BY YOUR PARTICIPATION IN A GLOBALIST AND SLAVE BASED ECONOMY, A PYRAMID OF WAR BUSINESS SCHEME THAT CREATES THE SUPPLY AND DEMAND FOR CHILD SEX SLAVES

POSITIVE

Thoughts
of Self

NEGATIVE

Secure

**Anxious-
Preoccupied**

POSITIVE

COMFORTABLE
WITH INTIMACY &
AUTONOMY

DEPENDENT ON OTHERS
FOR SELF-WORTH;
PREOCCUPIED WITH
RELATIONSHIPS

Thoughts
of Partner

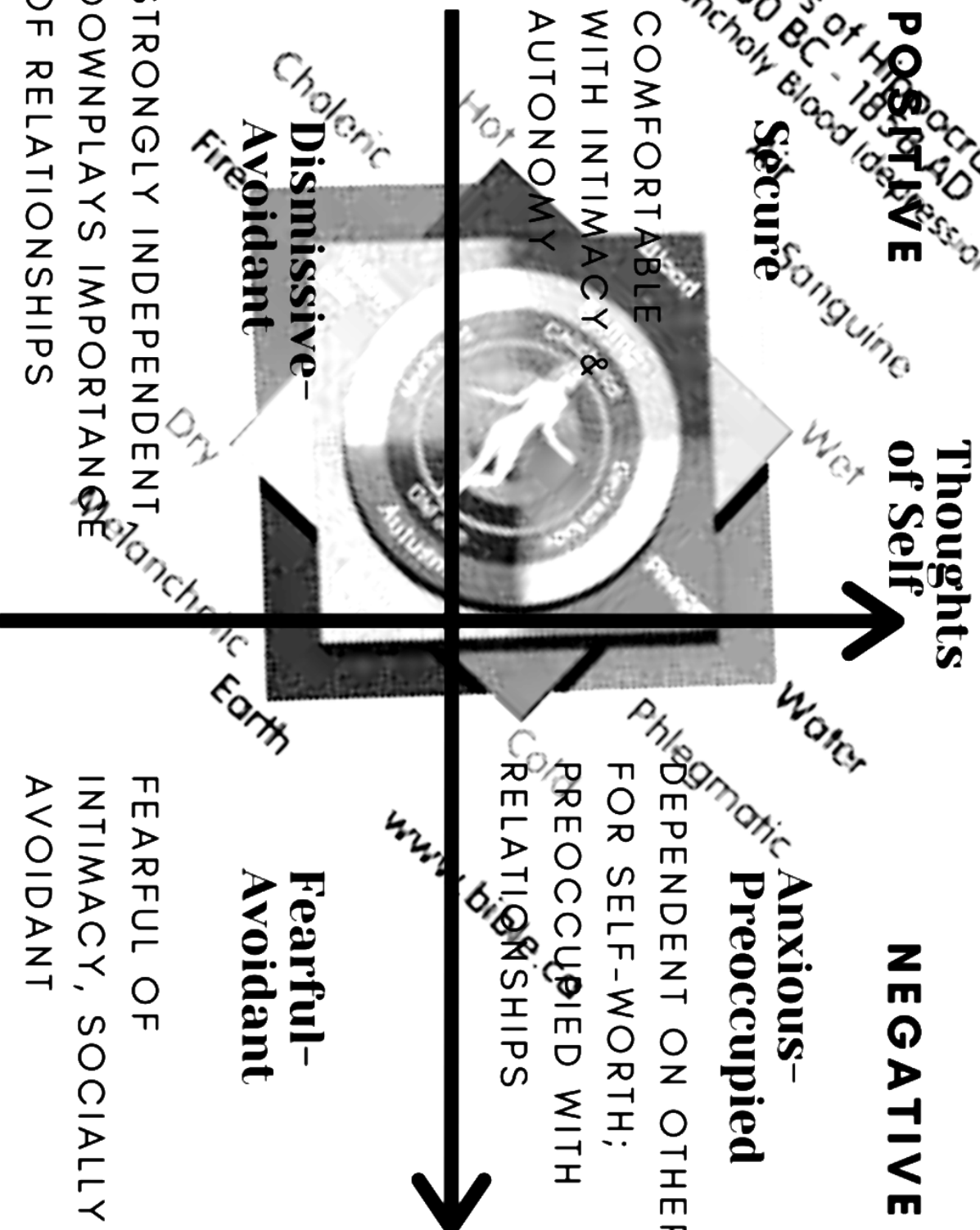
**Dismissive-
Avoidant**

**Fearful-
Avoidant**

NEGATIVE

STRONGLY INDEPENDENT
DOWNPLAYS IMPORTANCE
OF RELATIONSHIPS

FEARFUL OF
INTIMACY, SOCIALLY
AVOIDANT



POSITIVE

The Four Humors of Hippocrates
450 BC - 1858 AD
Melancholy Blood (depression)

Thoughts
of Self

NEGATIVE

Secure

COMFORTABLE

WITH INTIMACY &

AUTONOMY

Thoughts
of Partner

DEPENDENT ON OTHERS
FOR SELF-WORTH;
PREOCCUPIED WITH
RELATIONSHIPS

**Anxious-
Preoccupied**

Water

Phlegmatic

Choleric

**Dismissive-
Avoidant**

Fire

NEGATIVE

STRONGLY INDEPENDENT
DOWNPLAYS IMPORTANCE
OF RELATIONSHIPS

**Fearful-
Avoidant**

FEARFUL OF

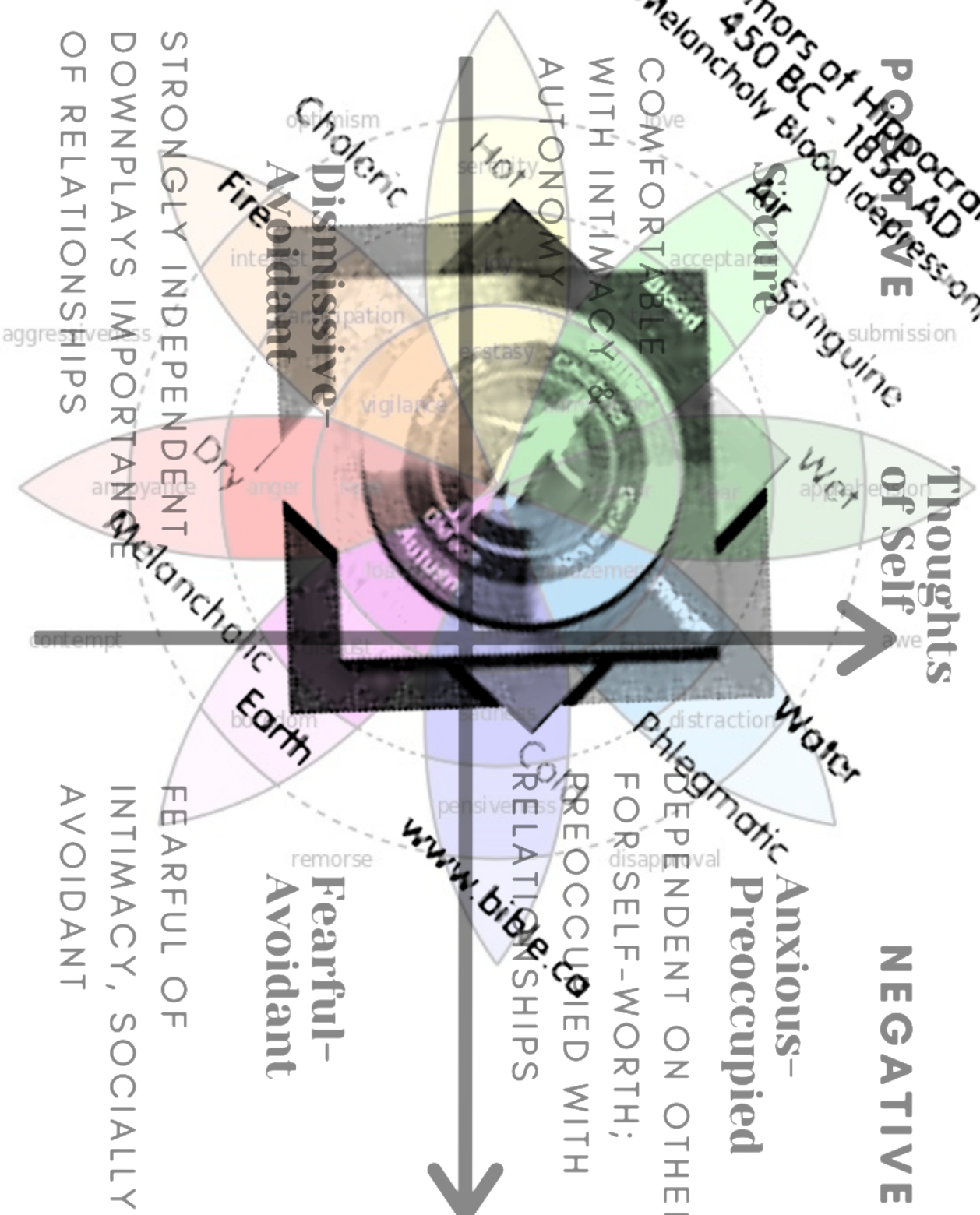
INTIMACY, SOCIALLY
AVOIDANT

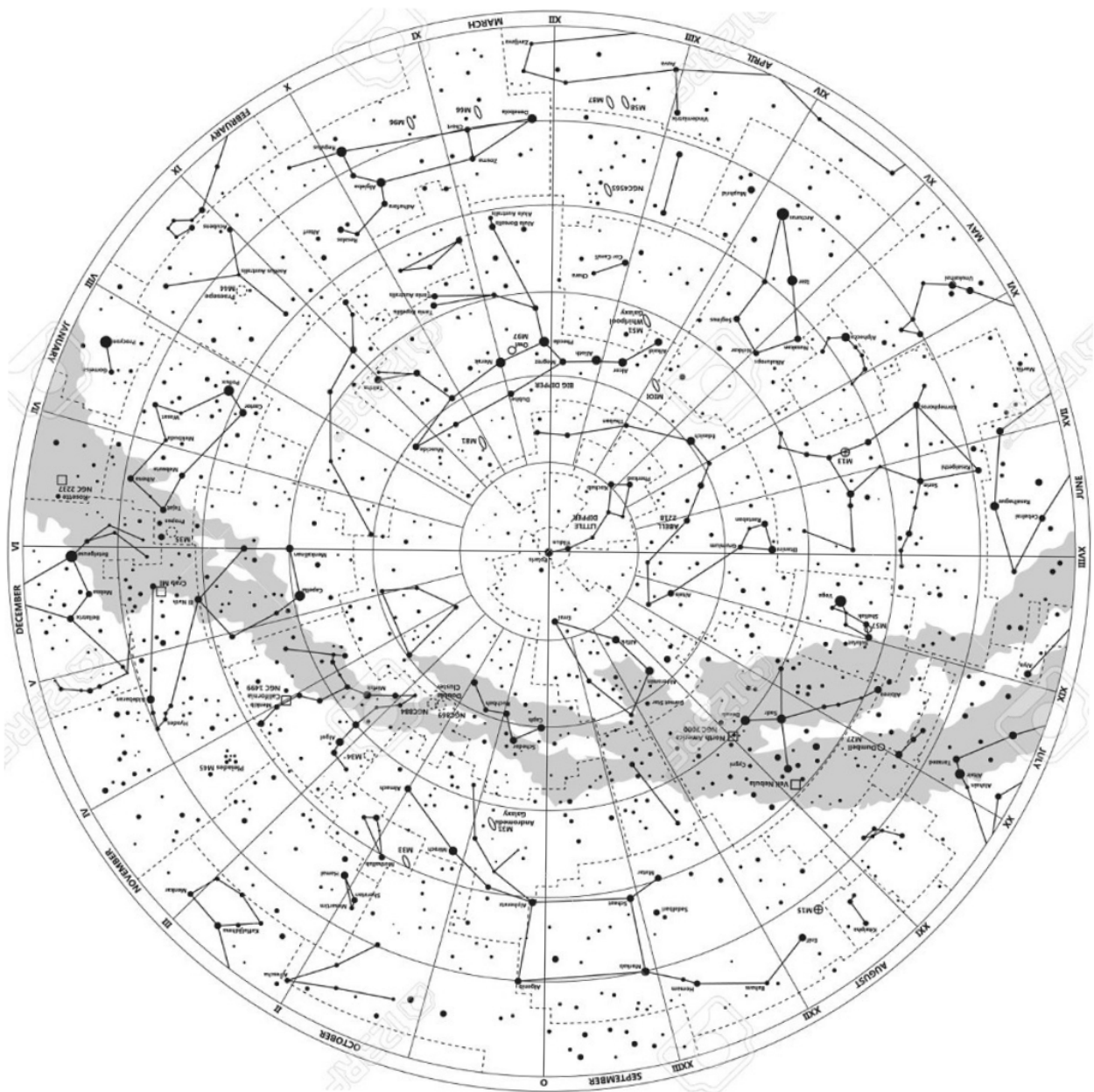
Dry

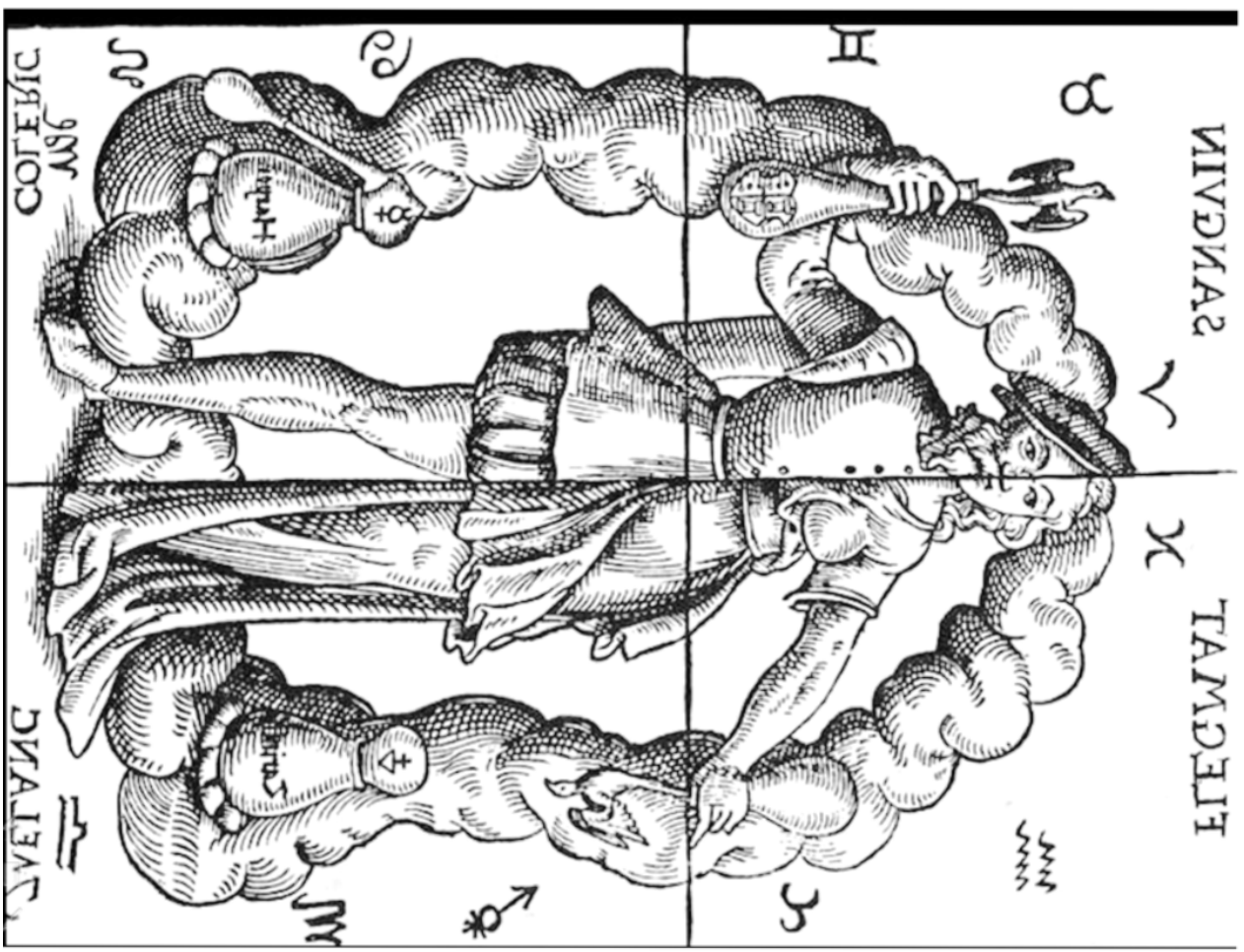
Melancholic

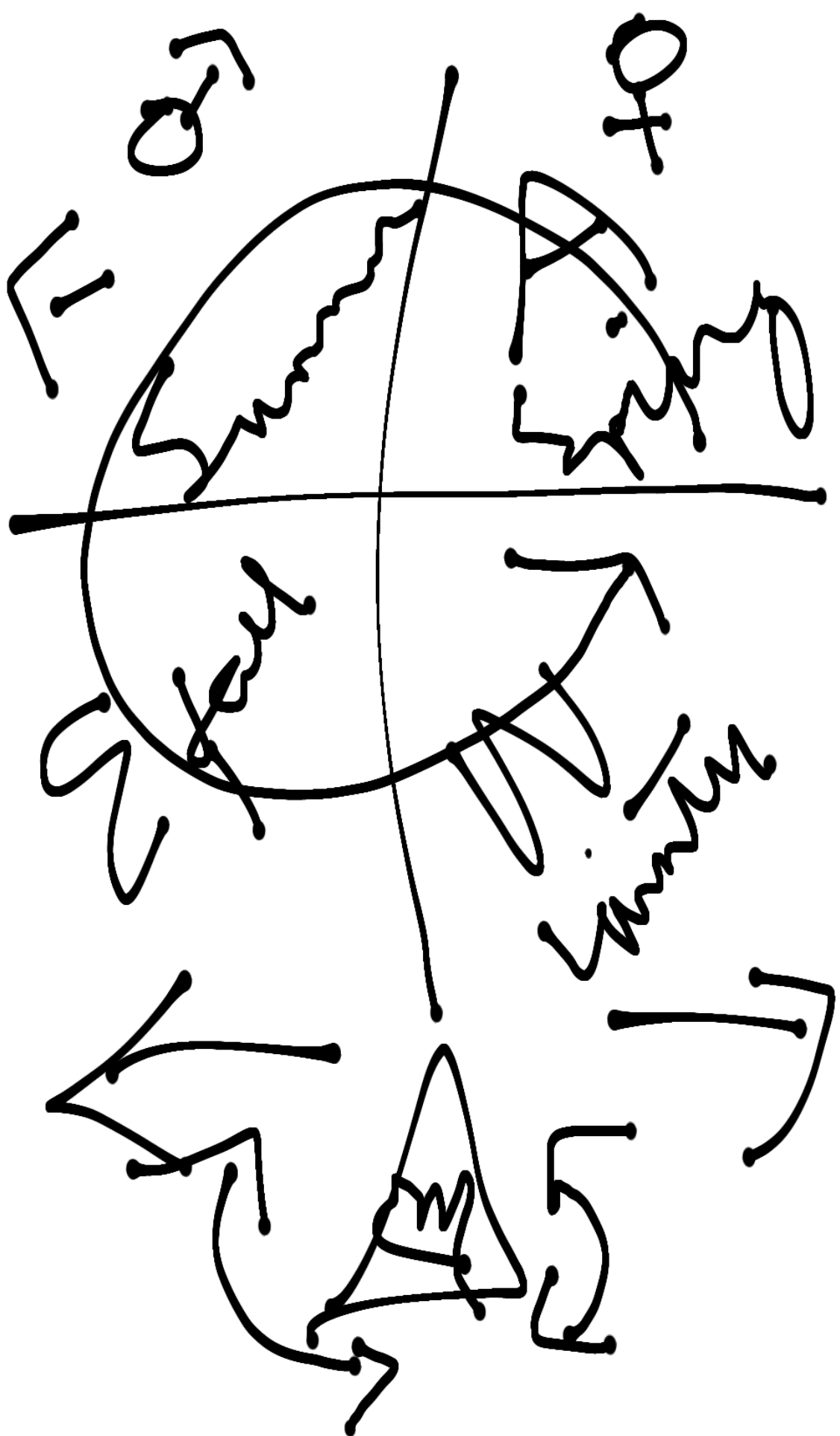
Earth

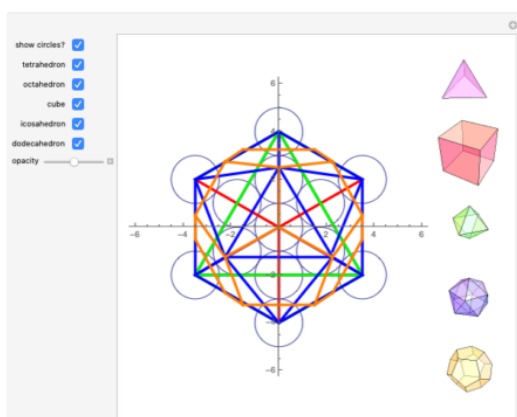
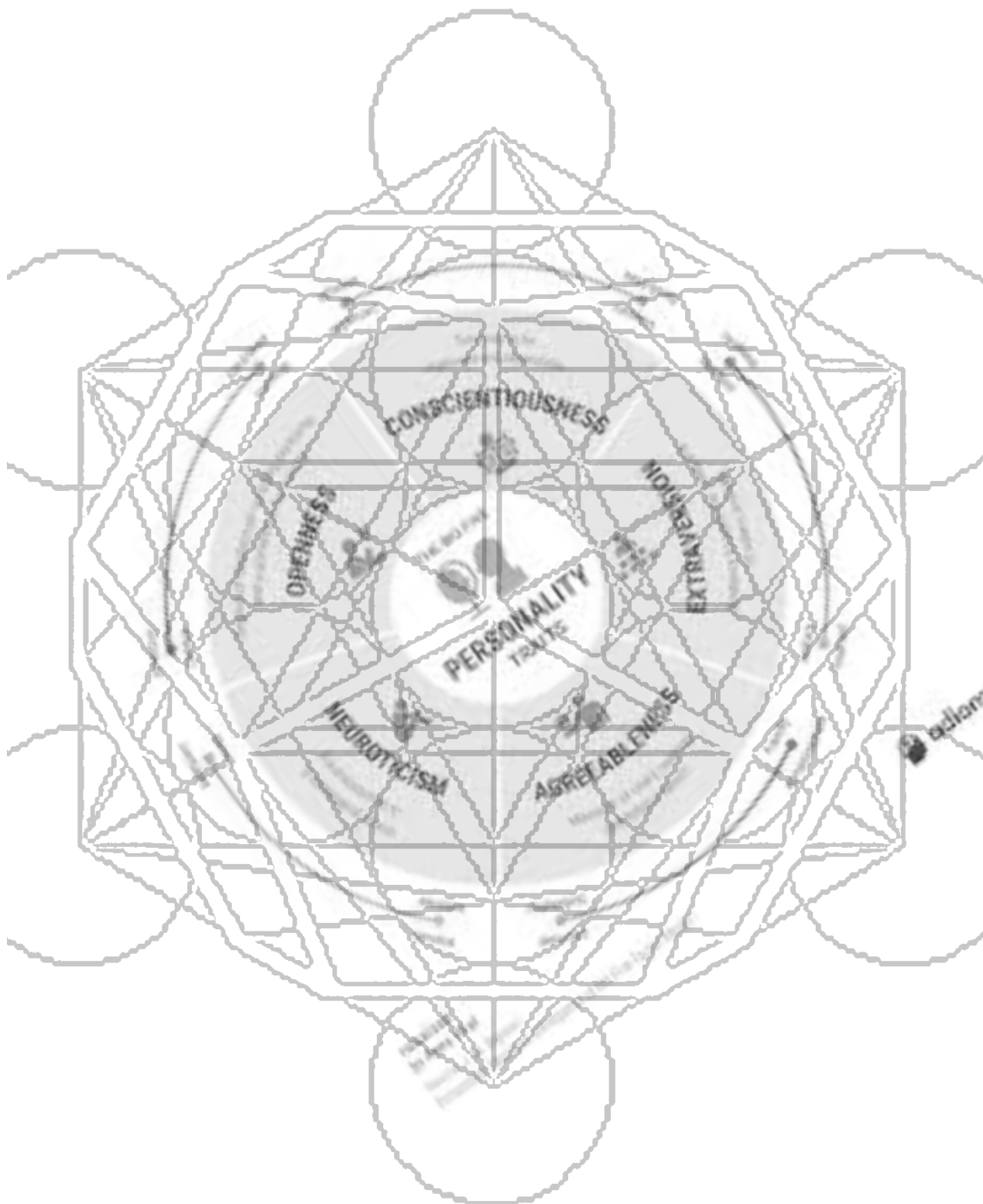
www.bible.cc

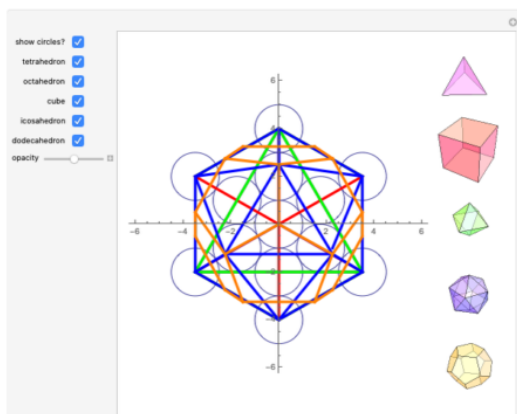
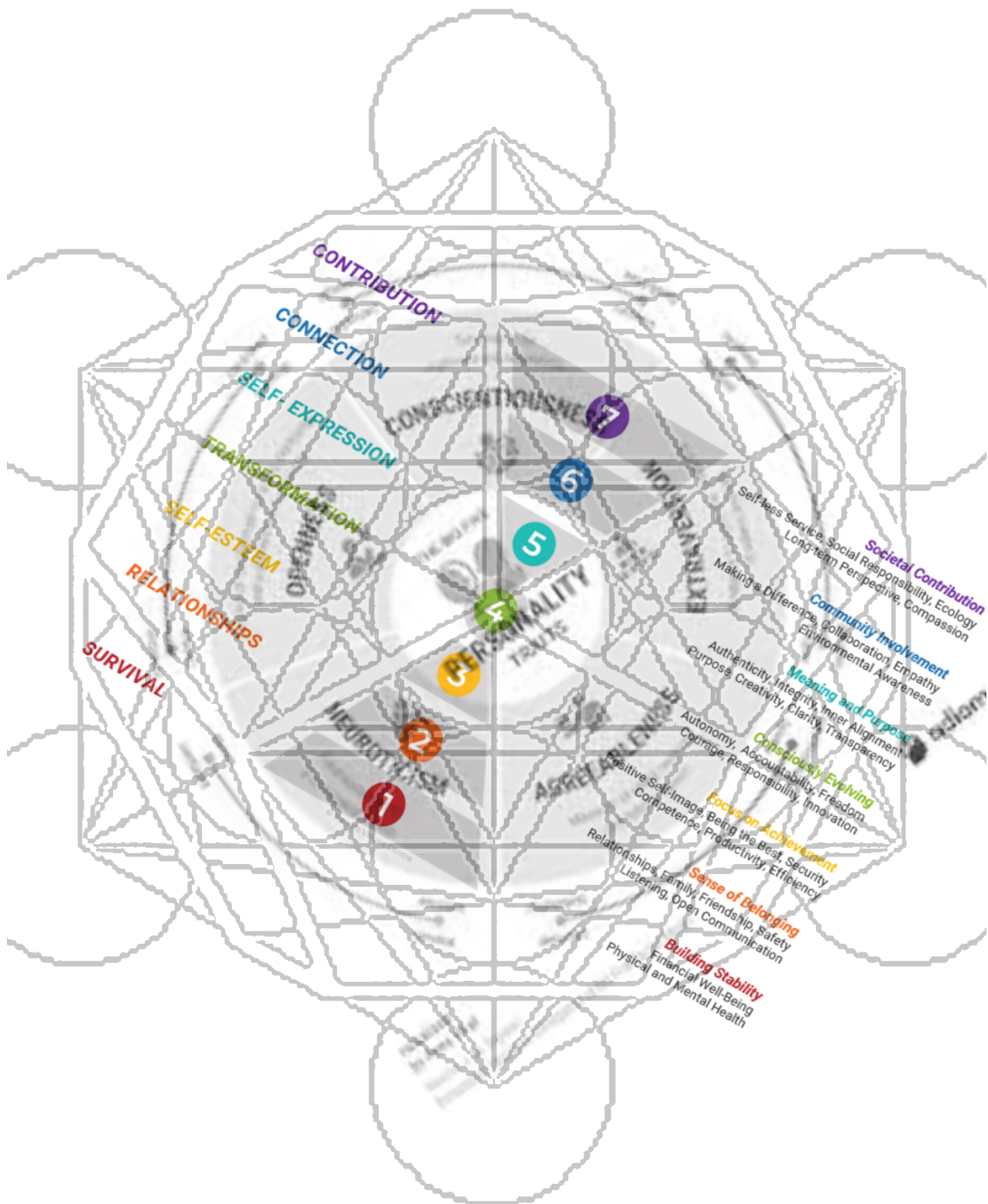






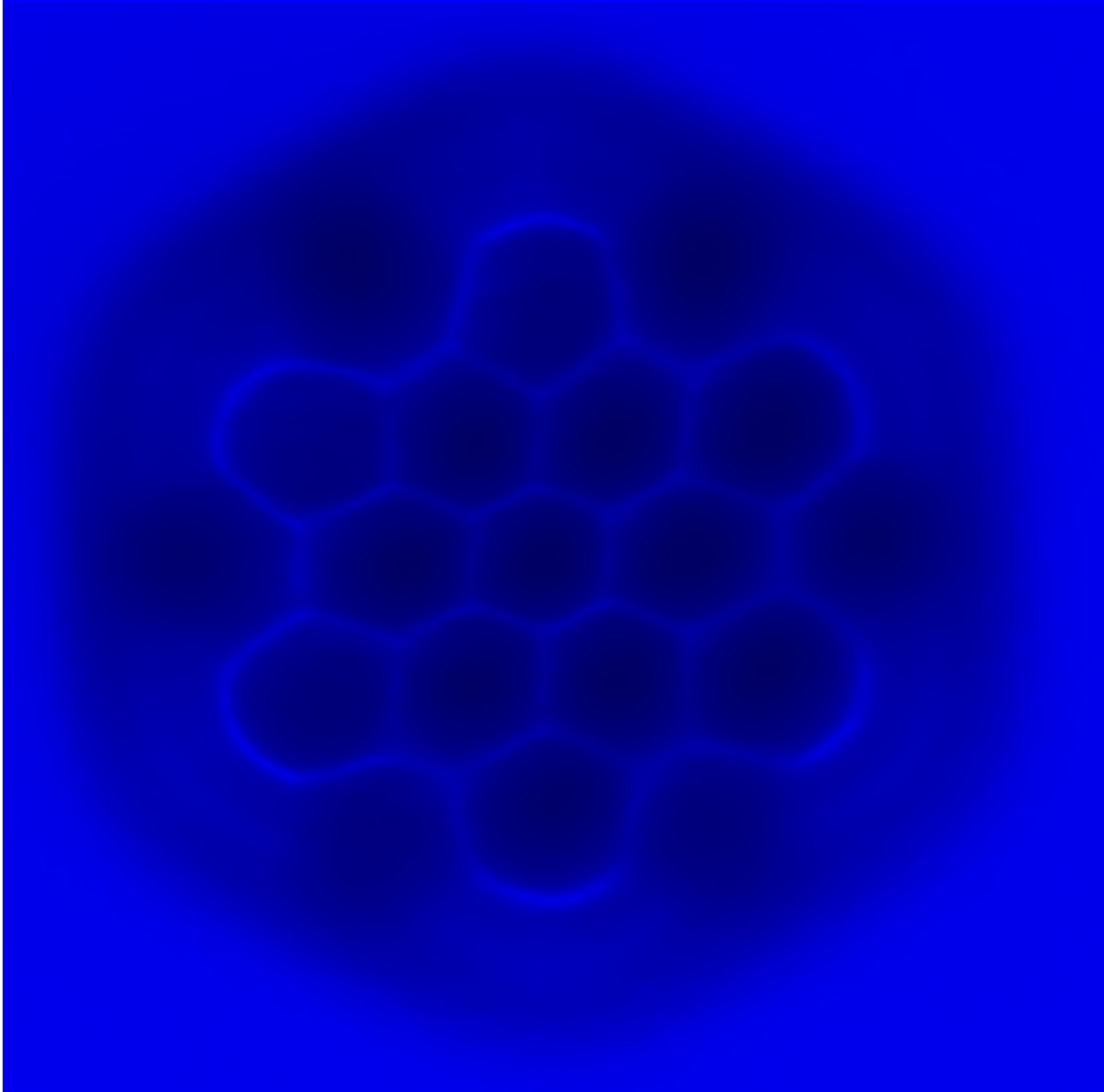






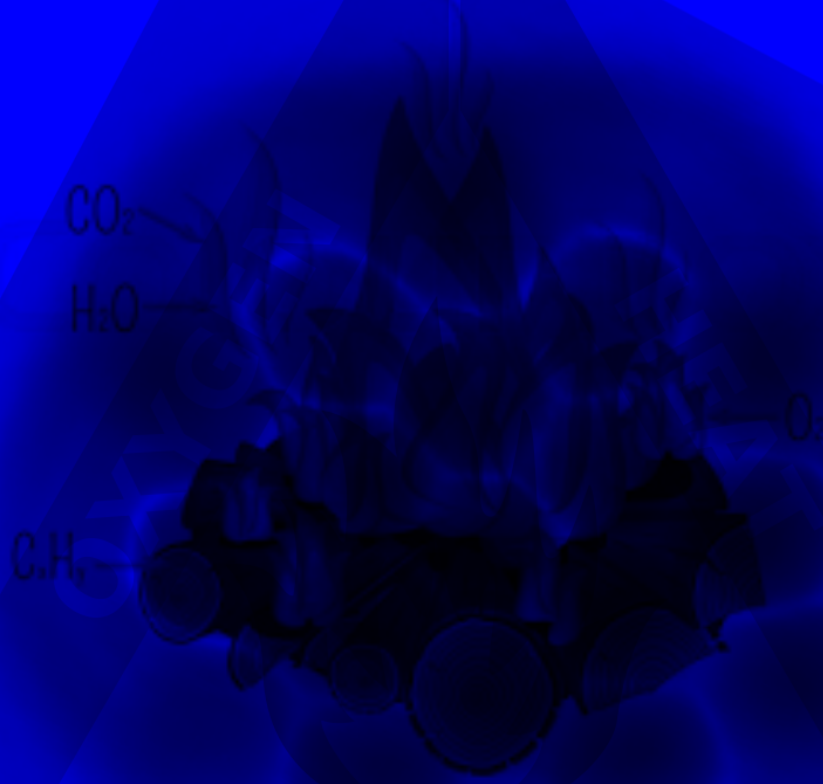
Technology

"artificial" intelligence



Technology "artificial" intelligence

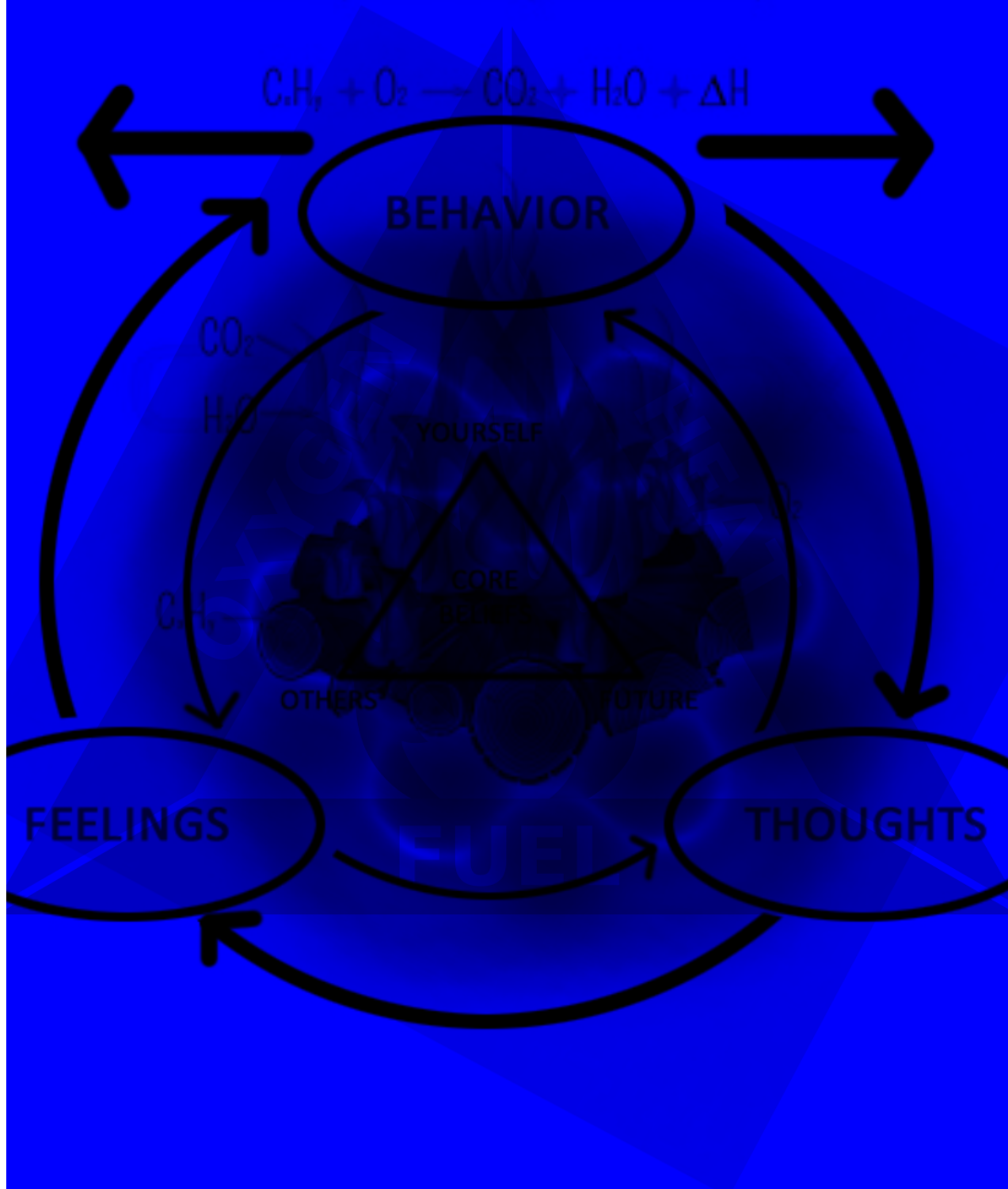
Combustion reaction

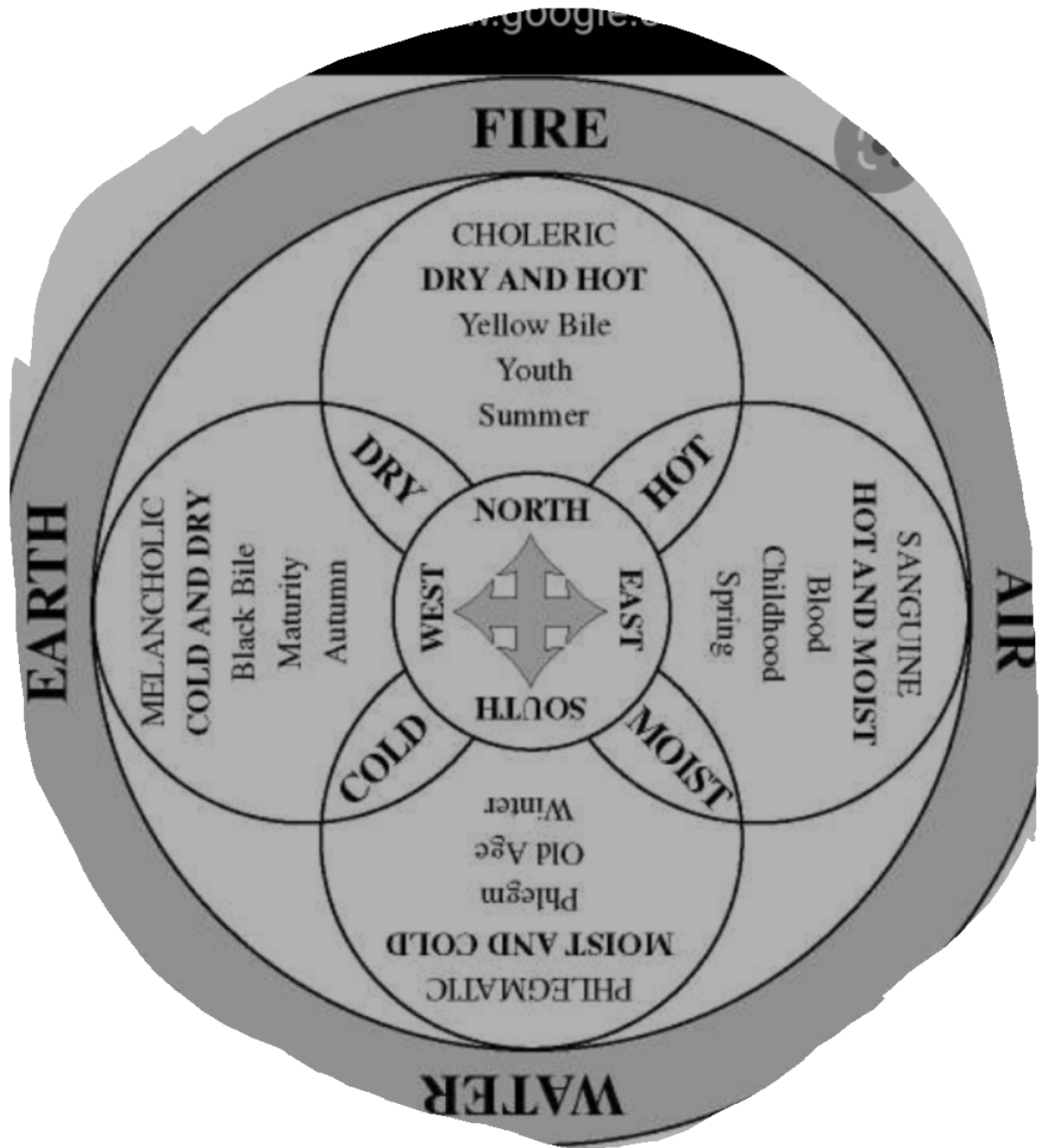


FUEL

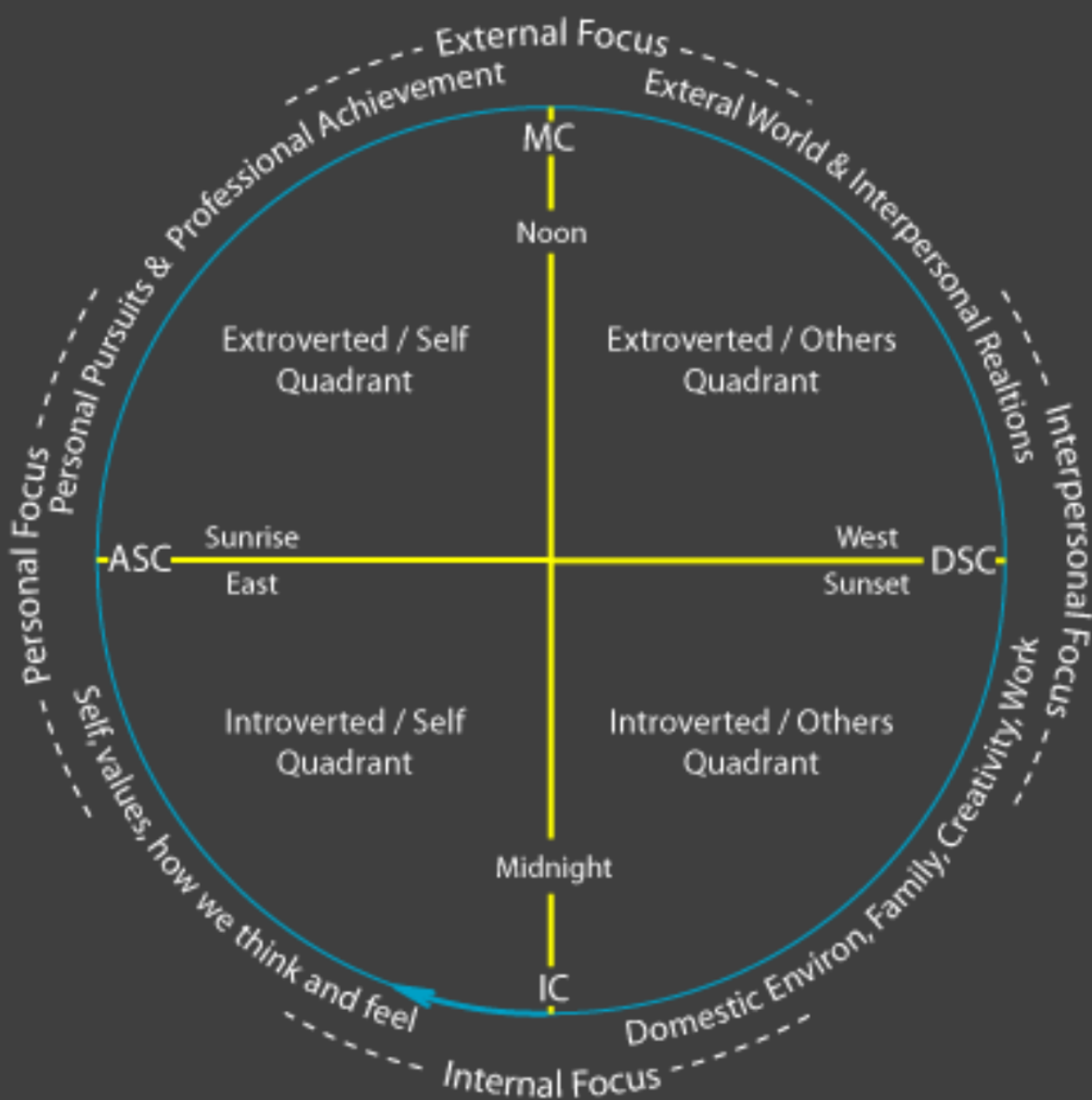
Technology "artificial" intelligence

Combustion reaction





The Natal Cross



© 2009 Nick Anthony Fiorenza

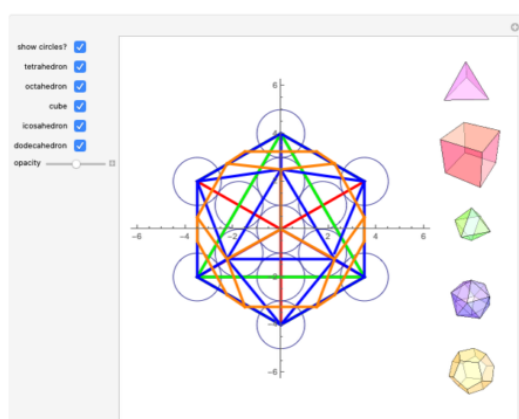
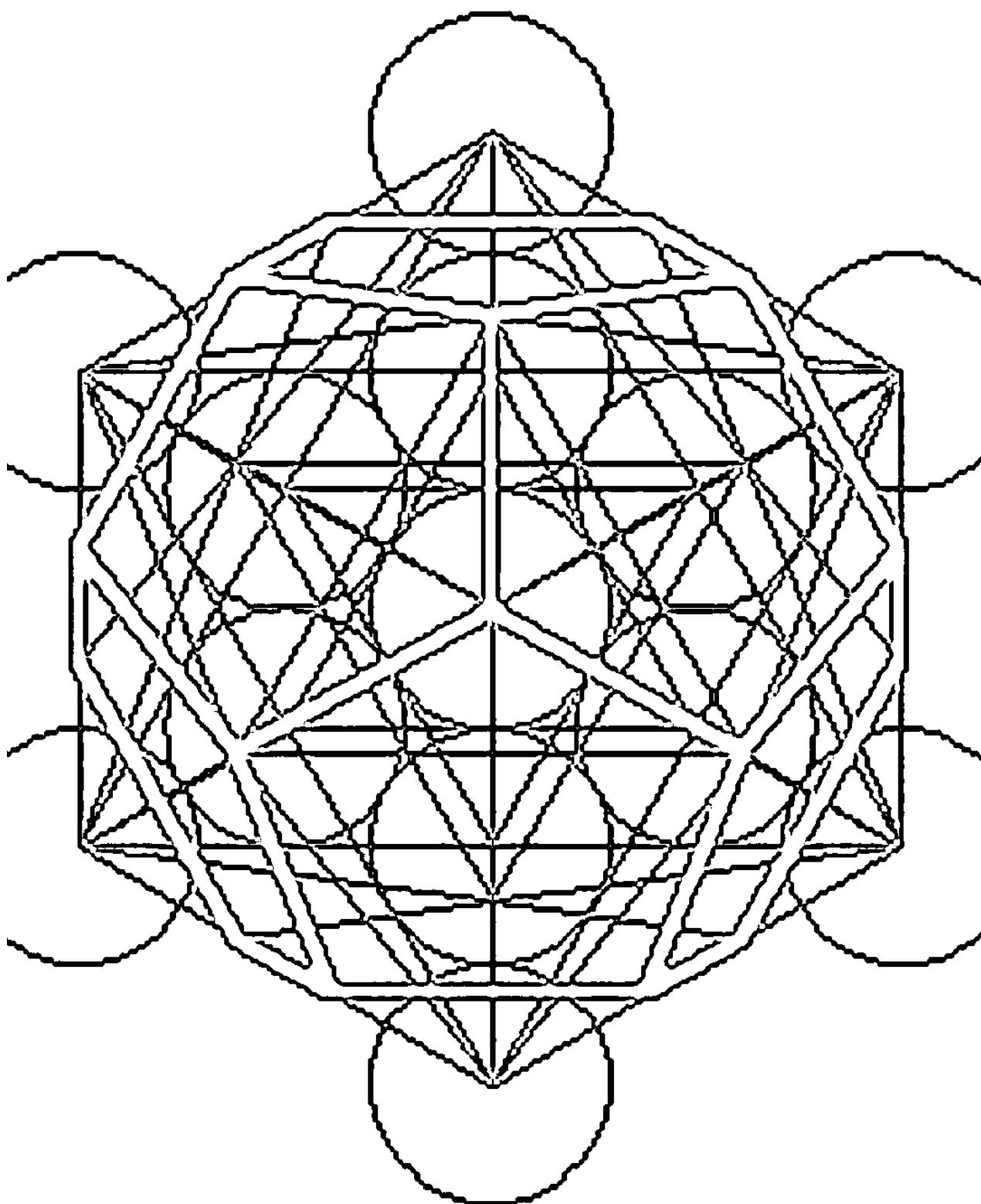


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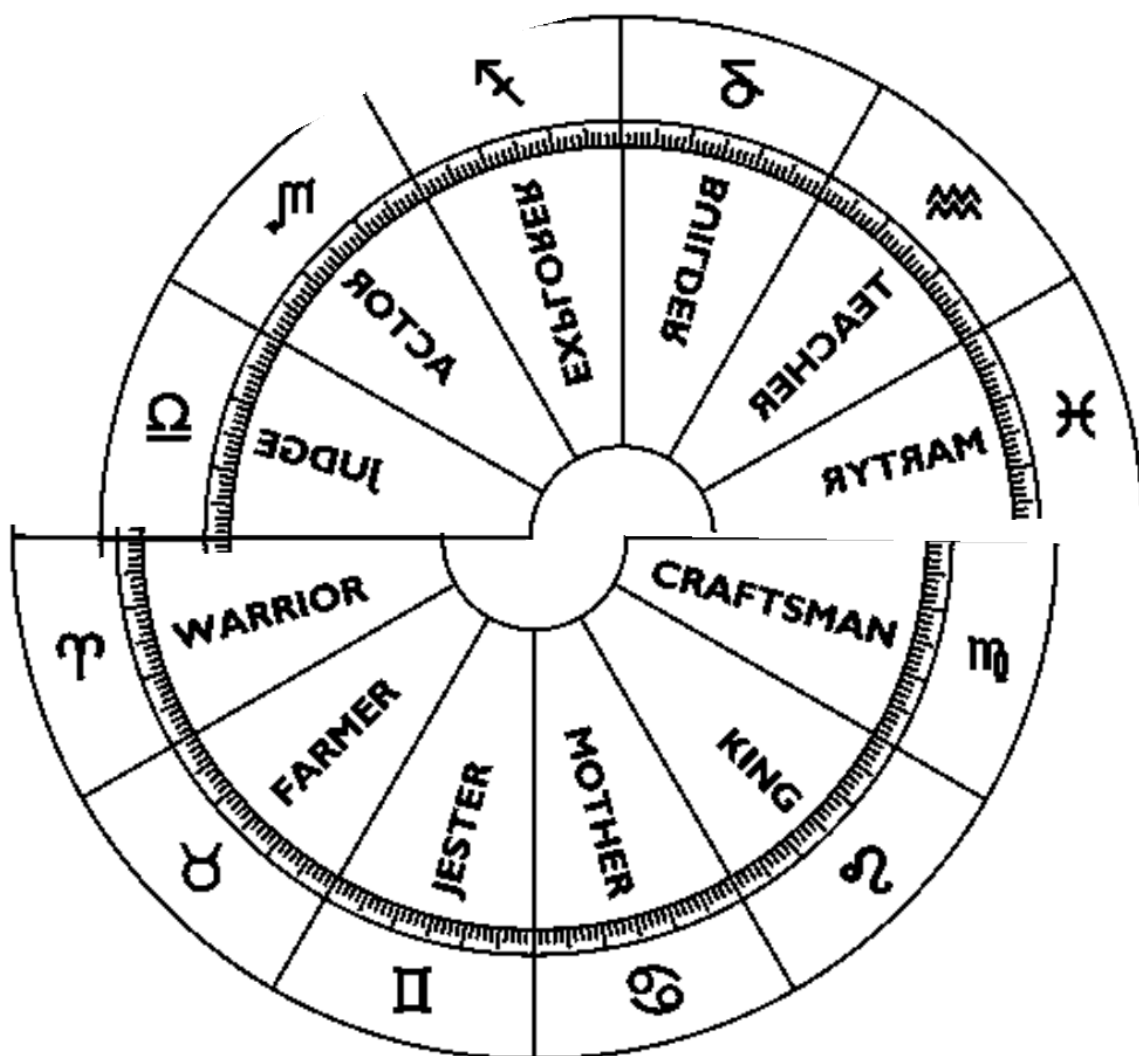
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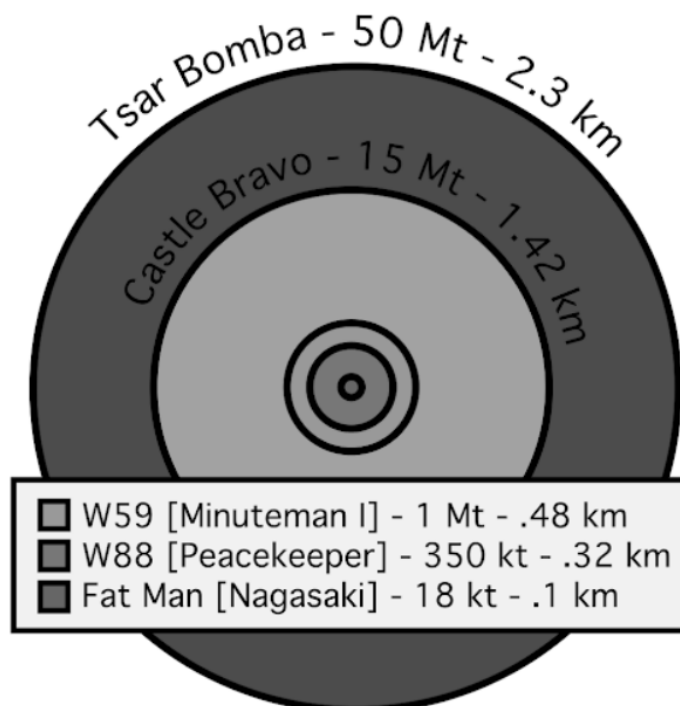
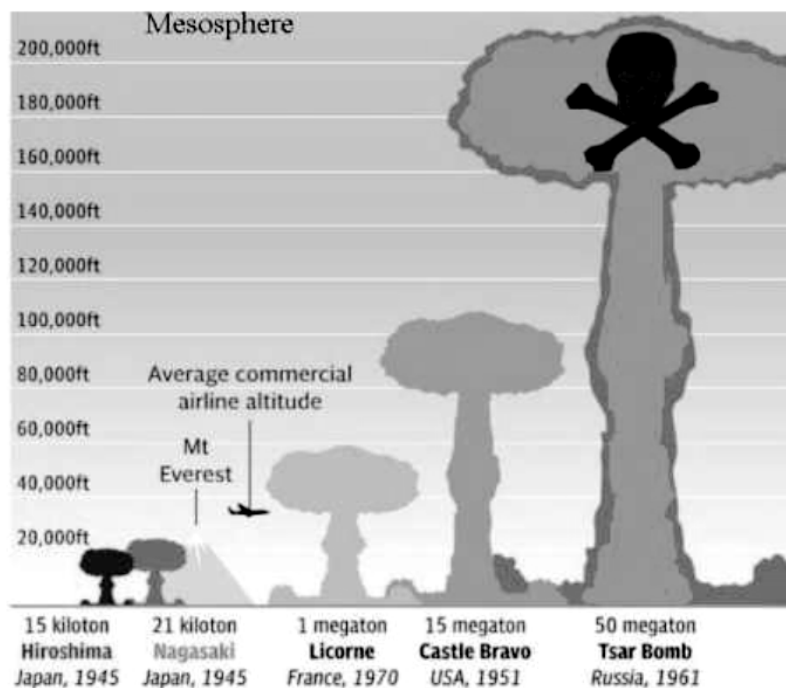
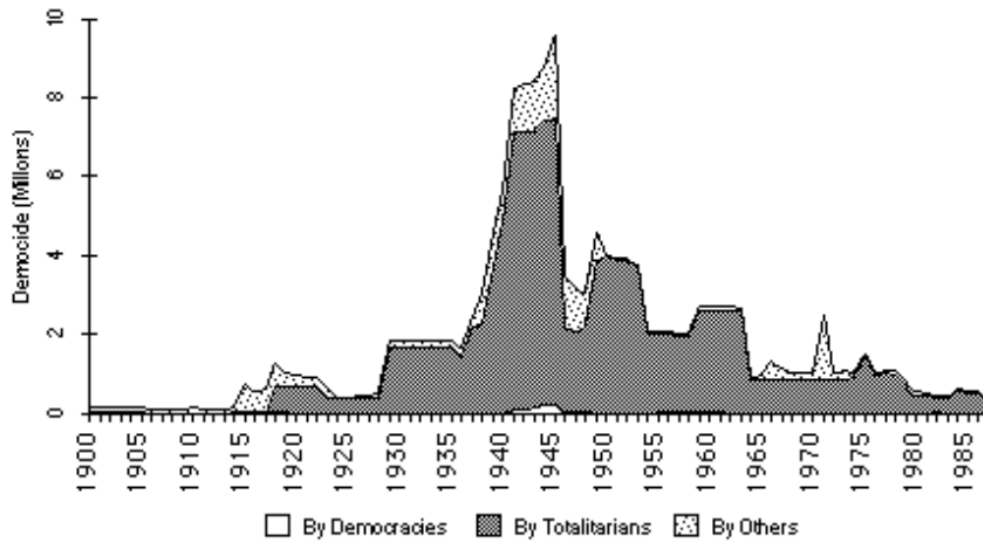




ASPECTS OF A CULTURE OF WAR
Disassociation
ASPECTS OF A CULTURE OF PEACE

These alterations can include: a sense that self or the world is unreal (depersonalization and derealization), a loss of memory (amnesia), forgetting identity or assuming a new self (fugue), and separate streams of consciousness, identity and self (dissociative identity disorder, formerly termed multiple personality disorder) and complex post-traumatic stress disorder. Although some dissociative disruptions involve amnesia, other dissociative events do not. Dissociative disorders are typically experienced as startling, autonomous intrusions into the person's usual ways of responding or functioning. Due to their unexpected and largely inexplicable nature, they tend to be quite unsettling.

FIGURE 23.4
Total Democide and That By
Democracies and Totalitarians



The Sympathetic Nervous System (SNS)

is one of the two main divisions of the autonomic nervous system, the other being the parasympathetic nervous system. (The enteric nervous system (ENS) is now usually referred to as separate from the autonomic nervous system since it has its own independent reflex activity.)

The autonomic nervous system functions to regulate the body's unconscious actions. The sympathetic nervous system's primary process is to stimulate the body's fight or flight response. It is, however, constantly active at a basic level to maintain homeostasis homeodynamics. The sympathetic nervous system is described as being antagonistic to the parasympathetic nervous system which stimulates the body to "feed and breed" and to (then) "rest-and-digest".

Input/Output

In computing, input/output or I/O (or, informally, io or IO) is the communication between an information processing system, such as a computer, and the outside world, possibly a human or another information processing system. Inputs are the signals or data received by the system and outputs are the signals or data sent from it. The term can also be used as part of an action; to "perform I/O" is to perform an input or output operation.

Transactional Analysis

Transactional analysis (TA) is a psychoanalytic theory and method of therapy wherein social transactions are analyzed to determine the ego state of the communicator (whether parent-like, childlike, or adult-like) as a basis for understanding behavior. In transactional analysis, the communicator is taught to alter the ego state as a way to solve emotional problems. The method deviates from Freudian psychoanalysis which focuses on increasing awareness of the contents of unconsciously held ideas. Eric Berne developed the concept and paradigm of transactional analysis in the late 1950s.

Transactional Analysis

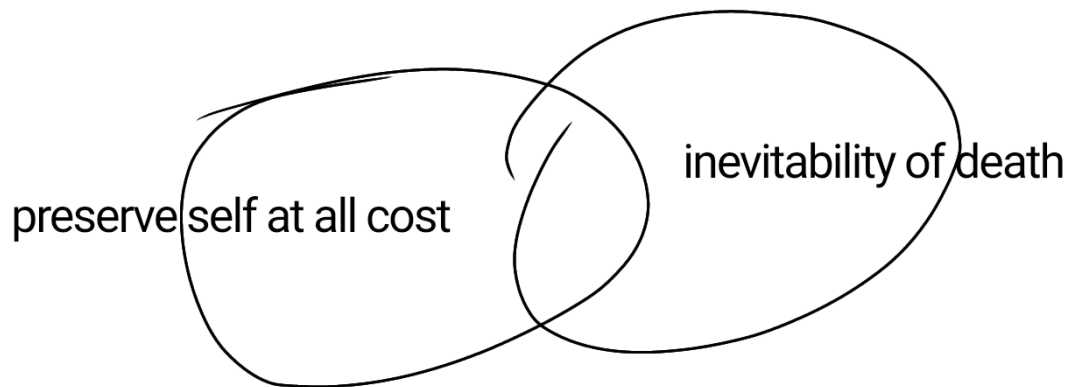
At any given time, a person experiences and manifests his or her personality through a mixture of behaviours, thoughts, and feelings. Typically, according to TA, there are three ego-states that people consistently use:

Parent ("exteropsyché"): a state in which people behave, feel, and think in response to an unconscious mimicking of how their parents (or other parental figures) acted, or how they interpreted their parent's actions. For example, a person may shout at someone out of frustration because they learned from an influential figure in childhood the lesson that this seemed to be a way of relating that worked.

Adult ("neopsyché"): a state of the ego which is most like an artificially intelligent system processing information and making predictions about major emotions that could affect its operation. Learning to strengthen the Adult is a goal of TA. While a person is in the Adult ego state, he/she is directed towards an objective appraisal of reality.

Child ("archaeopsyché"): a state in which people behave, feel, and think similarly to how they did in childhood. For example, a person who receives a poor evaluation at work may respond by looking at the floor and crying or pouting, as when scolded as a child. Conversely, a person who receives a good evaluation may respond with a broad smile and a joyful gesture of thanks. The Child is the source of emotions, creation, recreation, spontaneity, and intimacy.

Terror Management Theory (TMT)



Terror management theory (TMT) is both a social and evolutionary psychology theory originally proposed by Jeff Greenberg, Sheldon Solomon, and Tom Pyszczynski and codified in their book *The Worm at the Core: On the Role of Death in Life* (2015). It proposes that a basic psychological conflict results from having a self-preservation instinct while realizing that death is inevitable and to some extent unpredictable. This conflict produces terror, which is managed through a combination of escapism and cultural beliefs that act to counter biological reality with more significant and enduring forms of meaning and value.

The most obvious examples of cultural values that assuage death anxiety are those that purport to offer literal immortality (e.g., belief in afterlife, religion). However, TMT also argues that other cultural values – including those that are seemingly unrelated to death – offer symbolic immortality. For example, values of national identity, posterity, cultural perspectives on sex, and human superiority over animals have been linked to death concerns. In many cases these values are thought to offer symbolic immortality either a) by providing the sense that one is part of something greater that will ultimately outlive the individual (e.g., country, lineage, species), or b) by making one's symbolic identity superior to biological nature (i.e. you are a personality, which makes you more than a glob of cells).

Cognitive Dissonance

In the field of psychology, cognitive dissonance occurs when a person holds contradictory beliefs, ideas, or values, and is typically experienced as psychological stress when they participate in an action that goes against one or more of them. According to this theory, when two actions or ideas are not psychologically consistent with each other, people do all in their power to change them until they become consistent. The discomfort is triggered by the person's belief clashing with new information perceived, wherein they try to find a way to resolve the contradiction to reduce their discomfort.

Harmony of The World

Musica universalis, which had existed since the Greeks, as a metaphysical concept was often taught in quadrivium, and this intriguing connection between music and astronomy stimulated the imagination of Johannes Kepler as he devoted much of his time after publishing the *Mysterium Cosmographicum* (Mystery of the Cosmos) looking over tables and trying to fit the data to what he believed to be the true nature of the cosmos as it relates to musical sound. In 1619 Kepler published *Harmonices Mundi* (literally Harmony of the Worlds), expanding on the concepts he introduced in *Mysterium* and positing that musical intervals and harmonies describe the motions of the six known planets of the time. He believed that this harmony, while inaudible, could be heard by the soul, and that it gave a “very agreeable feeling of bliss, afforded him by this music in the imitation of God.” In *Harmonices*, Kepler who differed from Pythagorean observations, laid out an argument for a Christian-centric creator who had made an explicit connection between geometry, astronomy, and music, and that the planets were arranged intelligently

Harmony of The Spheres

The musica universalis (literally universal music), also called music of the spheres or harmony of the spheres, is an ancient philosophical concept that regards proportions in the movements of celestial bodies—the Sun, Moon, and planets—as a form of music. This "music" is not thought to be audible, but rather a harmonic, mathematical or religious concept. The idea continued to appeal to scholars until the end of the Renaissance, influencing many kinds of scholars, including humanists. Further scientific exploration discovered orbital resonance in specific proportions in some orbital motion

The discovery of the precise relation between the pitch of the musical note and the length of the string that produces it is attributed to Pythagoras. The Music of the Spheres incorporates the metaphysical principle that mathematical relationships express qualities or "tones" of energy which manifest in numbers, visual angles, shapes and sounds – all connected within a pattern of proportion. Pythagoras first identified that the pitch of a musical note is in inverse proportion to the length of the string that produces it, and that intervals between harmonious sound frequencies form simple numerical ratios. In a theory known as the Harmony of the Spheres, Pythagoras proposed that the Sun, Moon and planets all emit their own unique hum based on their orbital revolution, and that the quality of life on Earth reflects the tenor of celestial sounds which are physically imperceptible to the human ear. Subsequently, Plato described astronomy and music as "twinning" studies of sensual recognition: astronomy for the eyes, music for the ears, and both requiring knowledge of numerical proportions.

The Parasympathetic Nervous System (PSNS)

The parasympathetic nervous system (PSNS) is one of the two divisions, the other being the sympathetic, that together are called the autonomic nervous system, which is a division of another system called the peripheral nervous system (PNS)). (The enteric nervous system (ENS) is now thought separate from the autonomic nervous system due to its own independent reflex activity.) The autonomic nervous system is responsible for regulating the body's unconscious actions. The parasympathetic system is responsible for stimulation of "rest-and-digest" or "feed and breed" activities that occur when the body is at rest, especially after eating, including sexual arousal, salivation, lacrimation (tears), urination, digestion and defecation. Its action is described as being complementary to that of the sympathetic nervous system, which is responsible for stimulating activities associated with the fight-or-flight response.

BOSTON
TEA
PARTY
2.0

House I is the area of self identity. The ascendant is a symbol of how one acts in life. It is the image of the personality as seen by others, and the attitude that one has towards life.

House II - the second house - is the area of material security and values. It rules money and personal finances, sense of self-worth and basic values, personal possessions.

House III - the third house - is the area of social and intellectual learning.

House IV - the fourth house - is the area of home, family, roots, and deep emotions/sense of self-worth.

House IV - the fourth house - is the area of home, family, roots, and deep emotions/sense of self-worth.

House V - the fifth house - is the area of creative self-expression, romance, entertainment, children, and gambling.

House VI - the sixth house - is the area of learning by material transaction.

House VII - the seventh house - is the area of one-to-one relationships such as marriage and partnership, and of social and intellectual action.

House VIII - the eighth house - is the area of emotional security and of security of the soul.

House IX - the ninth house - is the area of learning that shapes the identity.

House X - the tenth house - is the area of material action. The Midheaven represents the work one will do in one's life, the place one will take in the world of society. It becomes more important as one grows older.

House XII - the twelfth house - is the area of education and of emotion. This is where we meet our karma, deal with endings, and sometimes where we bury things.

Sun

music and athleticism

the Sun is usually thought to represent the conscious ego, the self and its expression, personal power, pride and authority, leadership qualities and the principles of creativity, spontaneity, health and vitality, the sum of which is named the "life force".

Moon

shy and tenderness

the Moon is associated with a person's intuition, emotional make-up, unconscious habits, rhythms, memories, moods, femininity and their ability to react and adapt to those around them. It is associated for some with the mother, maternal instincts or the urge to nurture, the home, the need for security and the past, especially early experiences and childhood

Mars

soldiering and warfare

Mars is associated with aggression, confrontation, energy, strength, ambition and impulsiveness. Mars governs sports, competitions and physical activities in general.

Mercury

prudent, crafty, lovable, and commerce

Mercury represents the principles of communication, mentality, thinking patterns, rationality and reasoning, and adaptability and variability. Mercury governs schooling and education, the immediate environment of neighbors, siblings and cousins, transport over short distances, messages and forms of communication such as post, email and telephone, newspapers, journalism and writing, information gathering skills and physical dexterity.

Jupiter

charming and hunting

Jupiter is associated with the principles of growth, expansion, healing, prosperity, good fortune, and miracles. Jupiter governs long distance and foreign travel, big business and wealth, higher education, religion, and the law. It is also associated with the urge for freedom and exploration, as well with gambling and merry-making.

Venus

amorousness and passion.

Venus is associated with the principles of harmony, beauty, refinement, affections, love, and the urge to sympathize and unite with others. It is involved with the desire for pleasure, comfort and ease. It governs romantic relations, sex, marriage and business partnerships, the arts, fashion and social life.

Saturn

industrious, melancholic, and tranquil

Saturn is associated with focus, precision, nobility, ethics, civility, lofty goals, career, great achievements, dedication, authority figures, stability, virtues, productiveness, valuable hard lessons learned, destiny, structures, protective roles, balance, conservation, and karma (reaping what you have sown or cosmic justice) but with limitations, restrictions, boundaries, anxiety, tests, practicality, reality, and time. It concerns a person's sense of duty, commitment, responsibility, including their physical and emotional endurance in times of hardships. Saturn is fundamentally economical. Also represents the part of a person's concern with long-term planning or foresight. The Return of Saturn is said to mark significant events in each person's life.

"law
enforcement
officer"

real laws don't
have to be
enforced...
gravity and
psychobiosocio
realities..

LEO'S
#sciencenow

Criminal Mind

Our whole-brain thinking is constructed for using our thinking for what it is for, the appropriate use of our whole-brain thinking is for designing the co-creative solutions using power within from creator for power with others to eliminate the need for power over & Tyranny. Thus, the “criminal mind” is using our thinking for what it is not for and to limit thinking capacity of our Inherent Sovereignty with creator for win-win constructive and life-affirming decisions & choices. The “criminal mind” always makes win-lose (no-win for everyone) destructive and death-producing decisions and choices.

Over the centuries people have used the “criminal mind” to manifest these forms of pain and suffering: poverty, hunger, homelessness, addiction, illness, incarceration and war. Pain and suffering are not a spiritual path, yet people have been programmed and conditioned to believe that there is a reward for pain and suffering. This is a belief in a cosmic lie. Ownership is based upon win-lose. Therefore, this belief is morally wrong. We cannot reform anything that is morally wrong. However, we can reframe our thinking into win-win decision making to remember and reawaken our sacred-SELF intellect to initiate peace making with creator and restore balance and harmony with creation as a spiritual and moral way of life.

Win - Win

In game theory, a win–win game is an interaction from which all participants can profit in some way.

In conflict resolution, a win–win strategy is a collaborative strategy and conflict resolution process that aims to accommodate all participants.

Win - Lose

For example, a "win" results when the outcome of a negotiation is better than expected, a "loss" when the outcome is worse than expected. ...Win-lose situations result when only one side perceives the outcome as positive. Thus, win-lose outcomes are less likely to be accepted voluntarily.

Indigenous Ceremonial Change Process

In order to accomplish healing in this context the levels of mind-body dichotomy, compartmentalized thinking, dualism programming and individualism conditioning, must be named and the root cause identified to be corrected in the Emptying phase of a healing process for a reframe into the context of interdependence and oneness.

Systematic Distortion of Information

Modern society depends upon organizational systems for much of its information, particularly with respect to the assessment of large scale technological projects. It is reasoned that organizations tend to distort information to meet organizational needs. Such distortions do not depend upon dishonest behavior on the part of individuals. Rather, tendencies to distort information are systemic properties of the organizational systems themselves. As the power of modern technology grows, the consequences of distorted assessments become more serious and potentially catastrophic.

Free Flow of Information Act

The Free Flow of Information Act is a bill intended to provide a news reporter with the right to refuse to testify as to information or sources of information obtained during the newsgathering and dissemination process.

While numerous U.S. states have shield laws, the federal government has no such law. The bill is an effort to enact a shield law at the federal level.

The bill was introduced to the United States Senate by Sens. Richard Lugar and Chris Dodd in 2007. It was proposed in its current form by Sen. Arlen Specter.

In October 2007, the Free Flow of Information Act was passed by the United States House of Representatives.

However, it was filibustered (failed cloture) on Jul 30, 2008, and withdrawn. In the 2007-08 Senate version, it would not act as an unqualified immunity for journalists. Instead, federal judges would be allowed to declare certain news stories as having a public interest based on information obtained from confidential sources during the newsgathering process.

Punishment

the imposition of an undesirable or unpleasant outcome upon a group or individual, meted out by an authority—in contexts ranging from child discipline to criminal law—as a response and deterrent to a particular action or behavior that is deemed undesirable or unacceptable. The reasoning may be to condition a child to avoid self-endangerment, to impose social conformity (in particular, in the contexts of compulsory education or military discipline), to defend norms, to protect against future harms (in particular, those from violent crime), and to maintain the law—and respect for rule of law—under which the social group is governed. Punishment may be self-inflicted as with self-flagellation and mortification of the flesh in the religious setting, but is most often a form of social coercion.

Plato's Cave Allegory

the organizing principle for meeting human development goals while simultaneously sustaining the ability of natural systems to provide the natural resources and ecosystem services on which the economy and society depend. The desired result is a state of society where living conditions and resources are used to continue to meet human needs without undermining the integrity and stability of the natural system. Sustainable development can be defined as development that meets the needs of the present without compromising the ability of future generations to meet their own needs. Sustainability goals address the global challenges, including poverty, inequality, climate change, environmental degradation, peace and justice.

Culture War

A culture war is a cultural conflict between social groups and the struggle for dominance of their values, beliefs, and practices.[1] It commonly refers to topics on which there is general societal disagreement and polarization in societal values.

The term is commonly used to describe aspects of contemporary politics in the United States,[2] with issues such as abortion, homosexuality, transgender rights, pornography, multiculturalism, racial viewpoints and other cultural conflicts based on values, morality, and lifestyle which are described as the major political cleavage.[2]

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Conscientiousness

openness

extroversion

neuroticism

agreeableness

trust in self

commitment

fuel/oxygen saturation/ volume-capacity

electromagnetic force

anger

joy

acceptance

dismissive

secure trust in others

exploration

pressure/ventilation

shock:

surprise

weak force

strong force

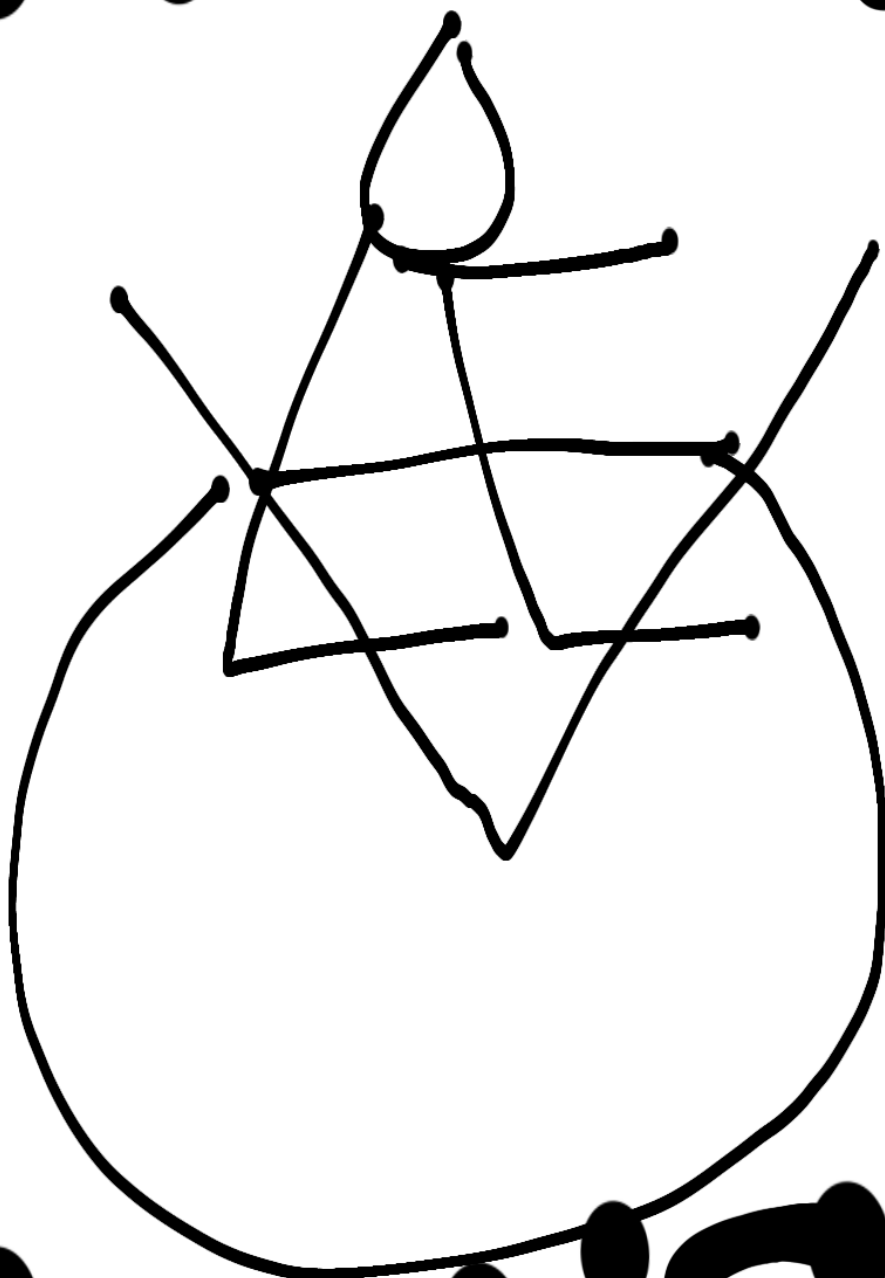
fearful

anxious-ambivalent

sad/depressed

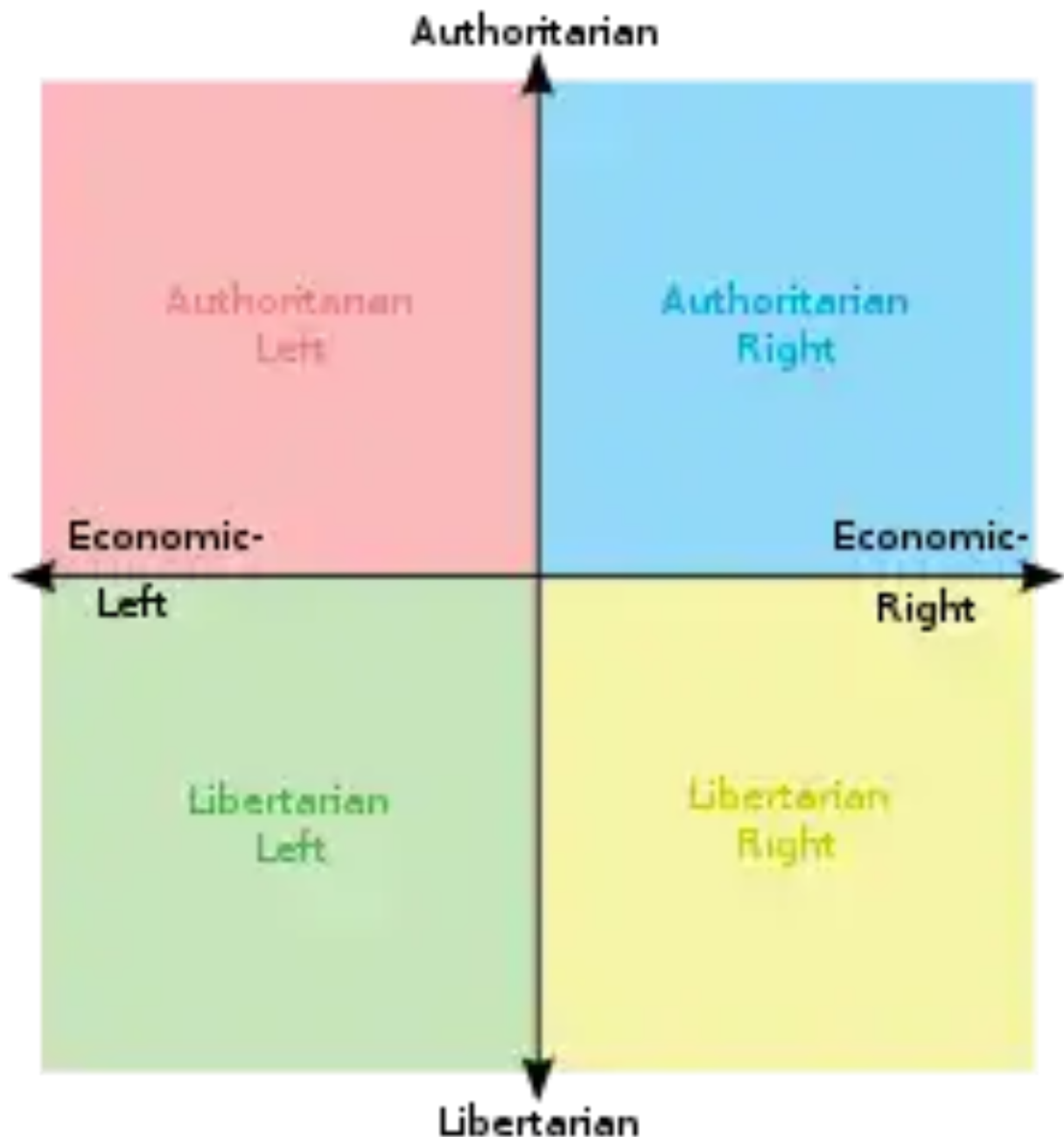
gravitational force

As you



Love

Political Compass



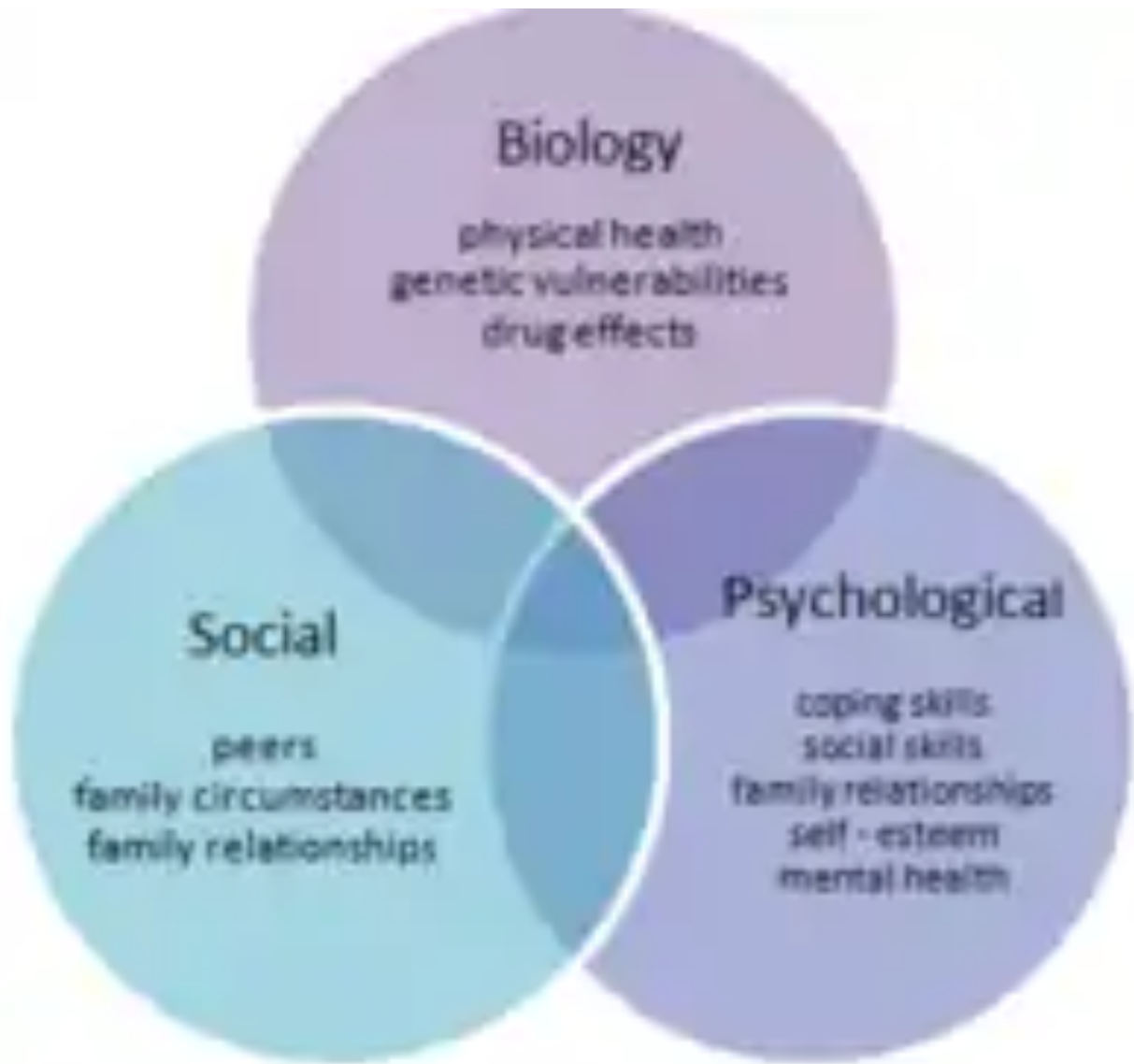
Two-axis political compass chart with a horizontal socio-economic axis and a vertical socio-cultural axis and ideologically representative political colours, an example for the most commonly used model of the political spectrum.

Anarchist Black Cross



In the early 20th century Russian Empire, dissidents including anarchists and socialists were jailed, exiled, or killed for their resistance to monarchy. Different political groups and organizations got together under Political Red Cross umbrella to provide material support for those repressed. Political Red Cross split when Social Democrats began filtering the group's support towards people with ideological alignment, thus creating the Anarchist Red Cross to help all social revolutionaries without regard to their political affiliation.

Biopsychosocial model



The biopsychosocial model is an interdisciplinary model that looks at the interconnection between biology, psychology, and socio-environmental factors. The model specifically examines how these aspects play a role in topics ranging from health and disease models to human development.

Ankh / Life



The ankh or key of life is an ancient Egyptian hieroglyphic symbol that was most commonly used in writing and in Egyptian art to represent the word for "life" and, by extension, as a symbol of life itself.

It was used in writing as a trilateral sign, representing a sequence of three consonants, ʿ-n-ḥ. This sequence was found in several Egyptian words, including the words meaning "mirror", "floral bouquet", and "life". In art the symbol often appeared as a physical object representing either life or substances such as air or water that are related to it. It was especially commonly held in the hands of ancient Egyptian deities, or being given by them to the pharaoh, to represent their power to sustain life and to revive human souls in the afterlife.

Color Wheel of Love



THE COLOUR WHEEL OF LOVE

The color wheel theory of love is an idea created by Canadian psychologist John Alan Lee that describes six styles of love, using several of the Latin and Greek words for love. First introduced in his book *Colours of Love: An Exploration of the Ways of Loving* (1973), Lee defines three primary, three secondary and nine tertiary love styles, describing them in terms of the traditional color wheel. The three primary types are eros, ludus and storge, and the three secondary types are mania, pragma and agape.

Red Cross



The International Red Cross and Red Crescent Movement is an international humanitarian movement with approximately 97 million volunteers, members and staff worldwide, which was founded to protect human life and health, to ensure respect for all human beings, and to prevent and alleviate human suffering. Within three distinct organizations that are legally independent from each other, but are united within the movement through common basic principles, objectives, symbols, statutes and governing organisations, there are the International Committee of the Red Cross (ICRC), that is a private humanitarian institution founded in 1863 in Geneva, Switzerland, in particular by Henry Dunant and Gustave Moynier. Its 25-member committee has a unique authority under international humanitarian law to protect the life and dignity of the victims of international and internal armed conflicts.

Caduceus



The caduceus "herald's wand, or staff", is the staff carried by Hermes in Greek mythology and consequently by Hermes Trismegistus in Greco-Egyptian mythology. The same staff was also borne by heralds in general, for example by Iris, the messenger of Hera. It is a short staff entwined by two serpents, sometimes surmounted by wings. In Roman iconography, it was often depicted being carried in the left hand of Mercury, the messenger of the gods..

Cognitive Dissonance



In the field of psychology, cognitive dissonance occurs when a person holds contradictory beliefs, ideas, or values, and is typically experienced as psychological stress when they participate in an action that goes against one or more of them. According to this theory, when two actions or ideas are not psychologically consistent with each other, people do all in their power to change them until they become consistent. The discomfort is triggered by the person's belief clashing with new information perceived, wherein they try to find a way to resolve the contradiction to reduce their discomfort.

In *A Theory of Cognitive Dissonance* (1957), Leon Festinger proposed that human beings strive for internal psychological consistency to function mentally in the real world. A person who experiences internal inconsistency tends to become psychologically uncomfortable and is motivated to reduce the cognitive dissonance. They tend to make changes to justify the stressful behavior, either by adding new parts to the cognition causing the psychological dissonance (rationalization) or by avoiding circumstances and contradictory information likely to increase the magnitude of the cognitive dissonance (confirmation bias).

Coping with the nuances of contradictory ideas or experiences is mentally stressful. It requires energy and effort to sit with those seemingly opposite things that all seem true. Festinger argued that some people would inevitably resolve dissonance by blindly believing whatever they wanted to believe.

Rationalization (psychology)

In psychology and logic, rationalization or rationalisation (also known as making excuses) is a defense mechanism in which controversial behaviors or feelings are justified and explained in a seemingly rational or logical manner to avoid the true explanation, and are made consciously tolerable—or even admirable and superior—by plausible means. It is also an informal fallacy of reasoning.

Rationalization happens in two steps:

A decision, action, judgement is made for a given reason, or no (known) reason at all.

A rationalization is performed, constructing a seemingly good or logical reason, as an attempt to justify the act after the fact (for oneself or others).

Rationalization encourages irrational or unacceptable behavior, motives, or feelings and often involves ad hoc hypothesizing. This process ranges from fully conscious (e.g. to present an external defense against ridicule from others) to mostly unconscious (e.g. to create a block against internal feelings of guilt or shame). People rationalize for various reasons—sometimes when we think we know ourselves better than we do. Rationalization may differentiate the original deterministic explanation of the behavior or feeling in question.

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Confirmation Bias

Confirmation bias is the tendency to search for, interpret, favor, and recall information in a way that confirms or supports one's prior beliefs or values. People tend to unconsciously select information that supports their views, but ignoring non-supportive information. People also tend to interpret ambiguous evidence as supporting their existing position. The effect is strongest for desired outcomes, for emotionally charged issues, and for deeply entrenched beliefs.

Confirmation bias is a broad construct covering a number of explanations. Biased search, biased interpretation and biased memory have been invoked to explain attitude polarization (when a disagreement becomes more extreme even though the different parties are exposed to the same evidence), belief perseverance (when beliefs persist after the evidence for them is shown to be false), the irrational primacy effect (a greater reliance on information encountered early in a series) and illusory correlation (when people falsely perceive an association between two events or situations).

A series of psychological experiments in the 1960s suggested that people are biased toward confirming their existing beliefs. Later work re-interpreted these results as a tendency to test ideas in a one-sided way, focusing on one possibility and ignoring alternatives (myside bias, an alternative name for confirmation bias). In certain situations, this tendency can bias people's conclusions. Explanations for the observed biases include wishful thinking and the limited human capacity to process information. Another explanation is that people show confirmation bias because they are weighing up the costs of being wrong, rather than investigating in a neutral, scientific way. However, even scientists and intelligent people can be prone to confirmation bias. Confirmation bias cannot be eliminated entirely, but it can be managed, eg, by education and training in critical thinking skills.

Confirmation Bias

Confirmation bias is the tendency to search for, interpret, favor, and recall information in a way that confirms or supports one's prior beliefs or values. People tend to unconsciously select information that supports their views, but ignoring non-supportive information. People also tend to interpret ambiguous evidence as supporting their existing position. The effect is strongest for desired outcomes, for emotionally charged issues, and for deeply entrenched beliefs.

Confirmation bias is a broad construct covering a number of explanations. Biased search, biased interpretation and biased memory have been invoked to explain attitude polarization (when a disagreement becomes more extreme even though the different parties are exposed to the same evidence), belief perseverance (when beliefs persist after the evidence for them is shown to be false), the irrational primacy effect (a greater reliance on information encountered early in a series) and illusory correlation (when people falsely perceive an association between two events or situations).

A series of psychological experiments in the 1960s suggested that people are biased toward confirming their existing beliefs.

Later work re-interpreted these results as a tendency to test ideas in a one-sided way, focusing on one possibility and ignoring alternatives (myside bias, an alternative name for confirmation bias). In certain situations, this tendency can bias people's conclusions. Explanations for the observed biases include wishful thinking and the limited human capacity to process information. Another explanation is that people show confirmation bias because they are weighing up the costs of being wrong, rather than investigating in a neutral, scientific way. However, even scientists and intelligent people can be prone to confirmation bias. Confirmation bias cannot be eliminated entirely, but it can be managed, eg, by education and training in critical thinking skills.

Confirmation biases contribute to overconfidence in personal beliefs and can maintain or strengthen beliefs in the face of contrary evidence. In social media, confirmation bias is amplified by the use of filter bubbles, or "algorithmic editing", which displays to individuals only information they are likely to agree with, while excluding opposing views.

Flawed decisions due to these biases have been found in political, organizational, financial and scientific contexts. For example, confirmation bias produces systematic errors in scientific research based on inductive reasoning (the gradual accumulation of supportive evidence).

Earthship



Earthships are predicated upon the idea that there are six human needs which can be addressed through environmentally sustainable building design:

Energy: Thermal and/or solar heating and cooling, solar and wind electricity

Garbage Management: Reuse and recycling built into construction and daily living

Sewage Treatment: Self-contained sewage treatment and water recycling

Shelter: Building with natural and recycled materials

Clean Water: Water harvesting and long term storage

Food: In-home organic food production capability

Earthship structures are intended to be "off-the-grid-ready" homes, with minimal reliance on public utilities and fossil fuels. They are constructed to use available natural resources, especially energy from the sun and rain water. They are designed with thermal mass construction and natural cross-ventilation to regulate indoor temperature, and the designs are intentionally uncomplicated and mainly single-story, so that people with little building knowledge can construct them.

Practical Methods to Create Sustainable Cities

Sustainable cities reduce the environmental impact and increase resilience through various means, such as:

Different agricultural systems such as agricultural plots within the city (suburbs or centre). This reduces the distance food has to travel from field to fork. This may be done by either small scale/private farming plots or through larger scale agriculture (e.g. farmscrapers).

Renewable energy sources, such as wind turbines, solar panels, or bio-gas created from sewage to reduce and manage pollution. Cities provide economies of scale that make such energy sources viable.

Various methods to reduce the need for air conditioning (a massive energy demand), such as planting trees and lightening surface colors, natural ventilation systems, an increase in water features, and green spaces equaling at least 20% of the city's surface. These measures counter the "heat island effect" caused by an abundance of tarmac and asphalt, which can make urban areas several degrees warmer than surrounding rural areas—as much as six degrees Celsius during the evening.

Improved public transport and an increase in pedestrianization to reduce car emissions. This requires a radically different approach to city planning, with integrated business, industrial, and residential zones. Roads may be designed to make driving difficult.

Optimal building density to make public transport viable but avoid the creation of urban heat islands.

Green roofs alter the surface energy balance and can help mitigate the urban heat island effect. Incorporating eco roofs or green roofs in your design will help with air quality, climate and water runoff.

Zero-emission transport

Zero-energy building

Sustainable urban drainage systems or SUDS in addition to other systems to reduce and manage waste.

Energy conservation systems/devices

Xeriscaping – garden and landscape design for water conservation

Sustainable transport, incorporates five elements: fuel economy, occupancy, electrification, pedal power, and urbanization.

Circular Economy to combat inefficient resource patterns and ensure a sustainable production and consumption roadmap.

Increase of Cycling infrastructure would increase cycling within cities and reduce the number of cars being driven and in turn reduce car emissions. This would also benefit the health of citizens as they would be able to get more exercise through cycling.

Key Performance Indicators – development and operational management tool providing guidance and M&V for city administrators currently monitor and evaluate energy savings in various facilities.

Sustainable Sites Initiative or SSI – voluntary national guidelines and performance benchmarks for sustainable land design, construction and maintenance practices. Key areas of focus are soil, vegetation, hydrology, materials, and human health and well being.

Check's and Balances / The Separation of Powers

The separation of powers is an approach to governing a state. Under it, a state's government is divided into branches, each with separate, independent powers and responsibilities so that the powers of one branch are not in conflict with those of the other branches. The typical division is into three branches: a legislature, an executive, and a judiciary, which is the trias politica model. It can be contrasted with the fusion of powers in parliamentary and semi-presidential systems, where the executive and legislative branches overlap.

The intention behind a system of separated powers is to prevent the concentration of power by providing for checks and balances.

Self-sustainability

Self-sustainability and self-sufficiency are overlapping states of being in which a person or organization needs little or no help from, or interaction with, others. Self-sufficiency entails the self being enough (to fulfill needs), and a self-sustaining entity can maintain self-sufficiency indefinitely.

These states represent types of personal or collective autonomy. A self-sufficient economy is one that requires little or no trade with the outside world and is called an autarky.

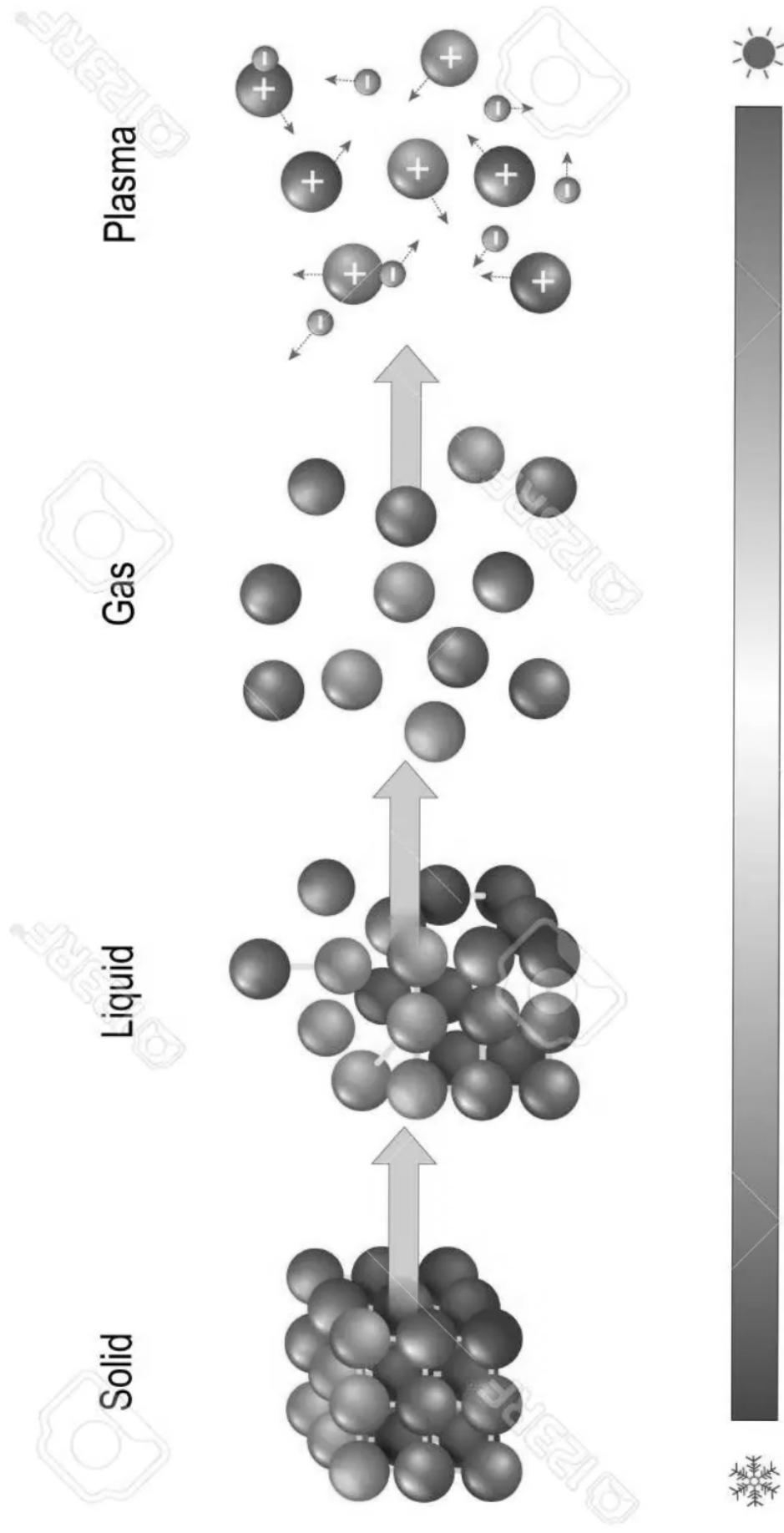
Self-sustainability

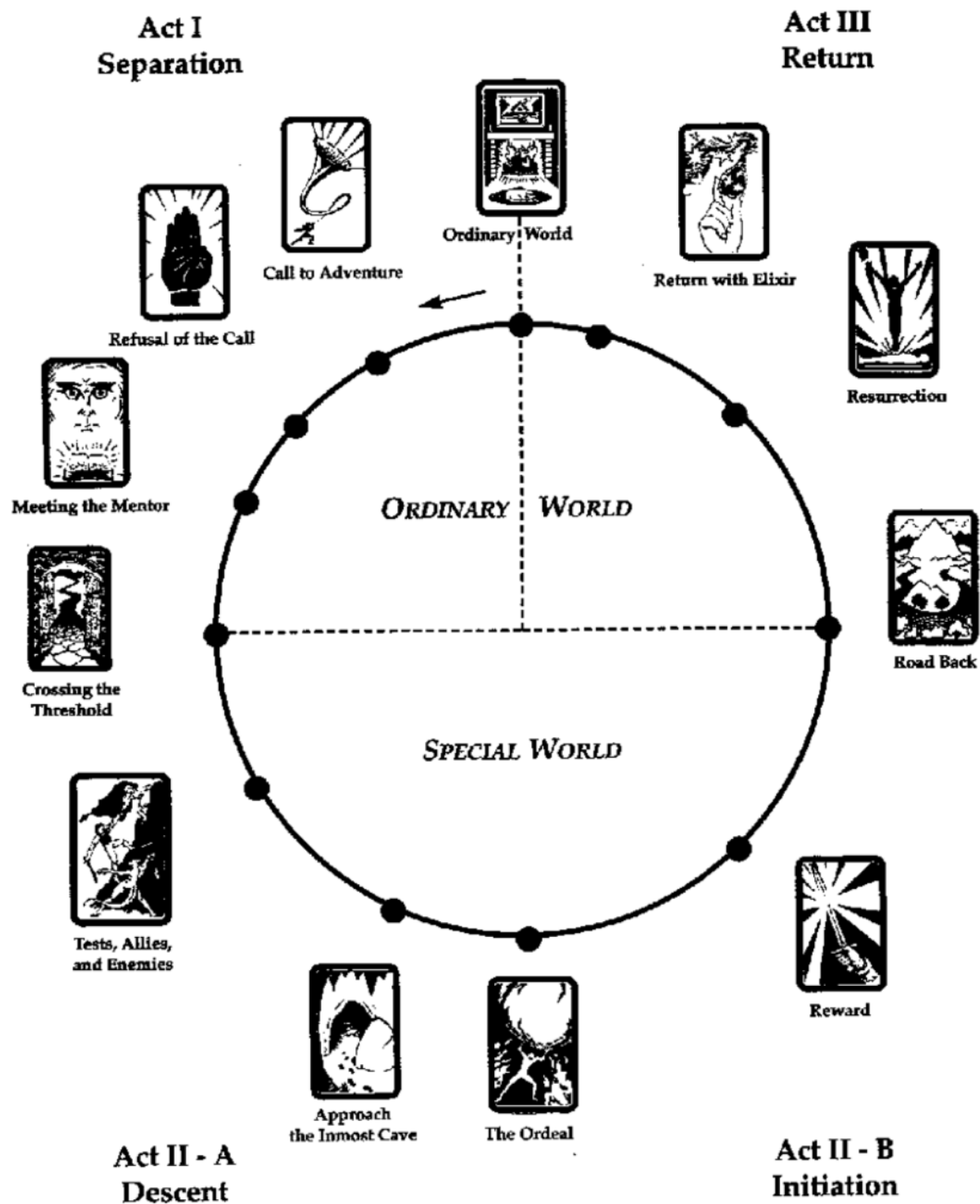


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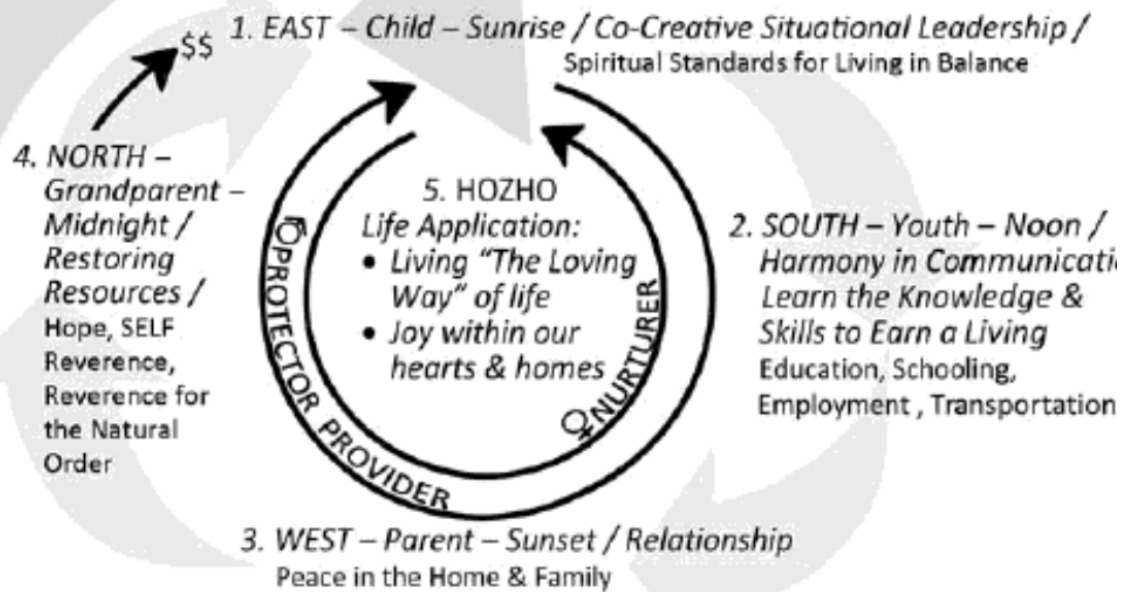
STATES OF MATTER





Natural Order / Open System

SELF Realization



Indigenous

“Ceremonial Change Process”

1. Naming Out-of-Balance Condition / Root Cause
2. Emptying
3. Reframing
4. Co-Creative Solution
5. Life Application

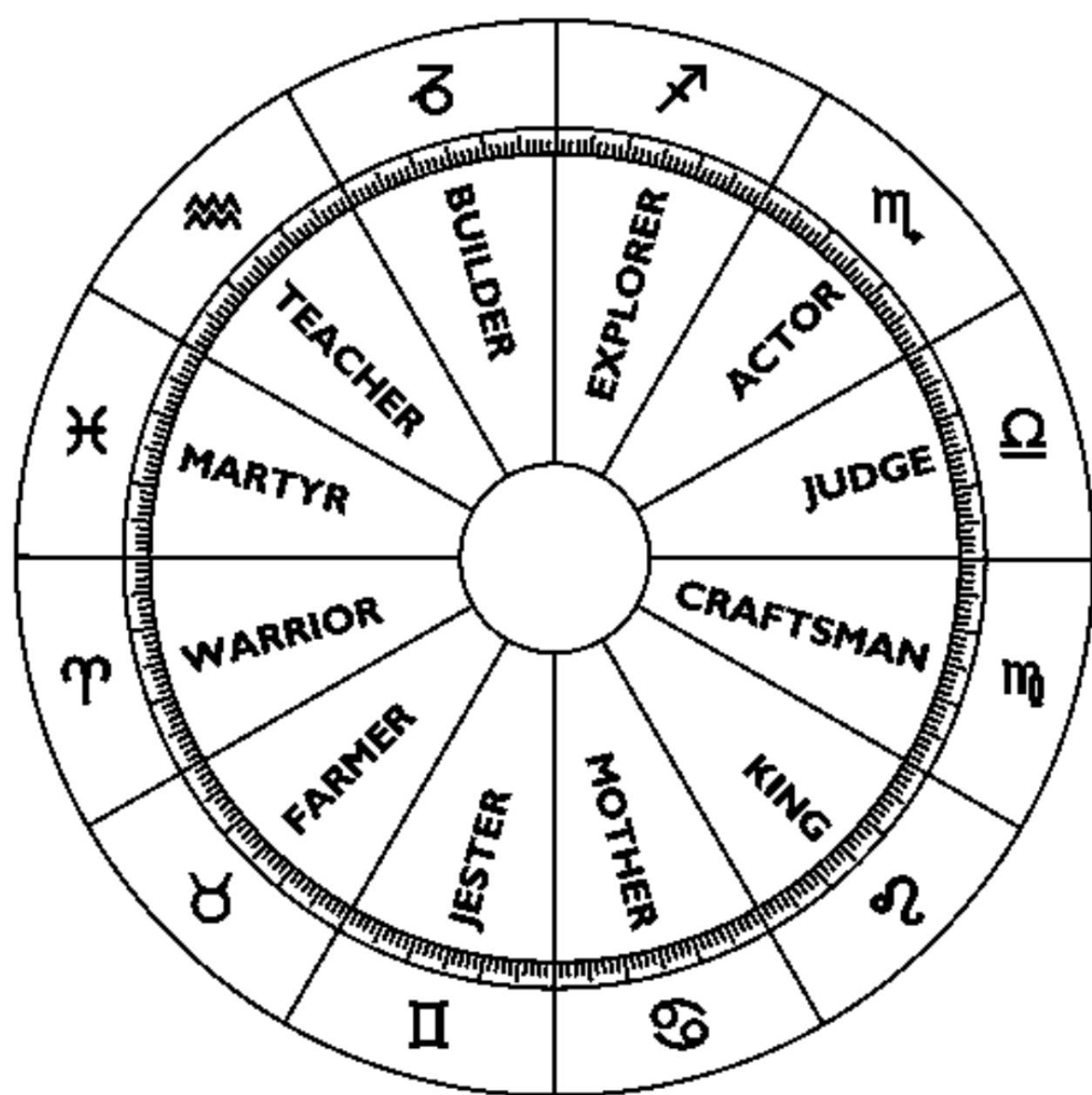
Deserving Poor
addicted,
mentally ill,
incarcerated
homeless,

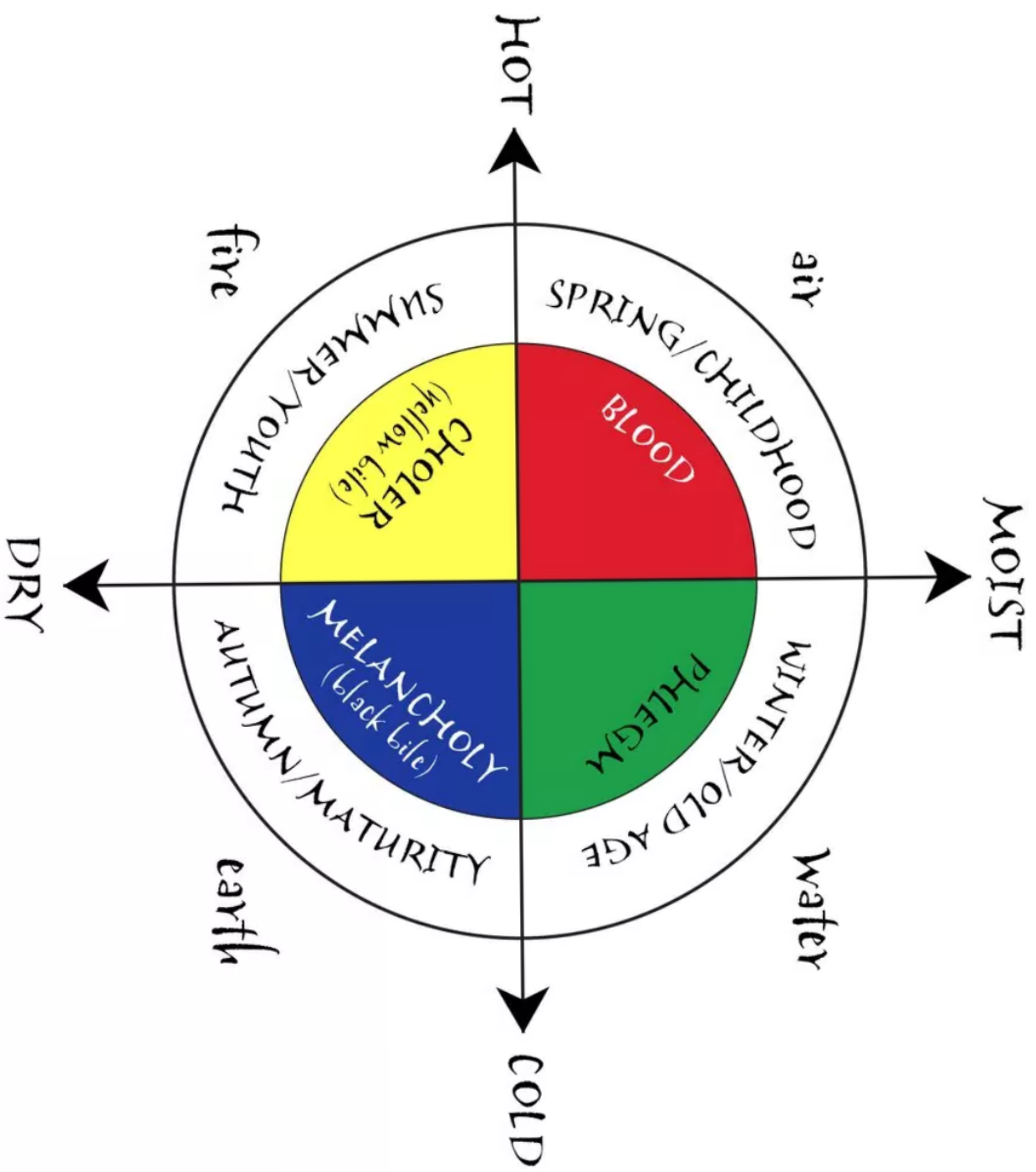
Undeserving Poor
levelers,
truth tellers



©Diné Nation Justice Department
Window Rock, AZ
Translated By: Patricia-Anne Davis, M.A.
<http://nativeamericanconcepts.wordpress.com/>

Closed
System for
Design Failure





"A medium for what?"

"for your ideas to be shared with the
upper or lower realms, you must
create Art.i.facts, with my
assistance."
-JP3.0

replay.media

spotlight program

archangels

da family archive

footprint receipts, pollution and
slavery

a new media network, virtual and real
space to share real

everything else is a distraction from
realizing the universal dream
maybe not everyone has the range one.
but for the existence and respect of old
and new traditions which can exist
without domination or human rights life
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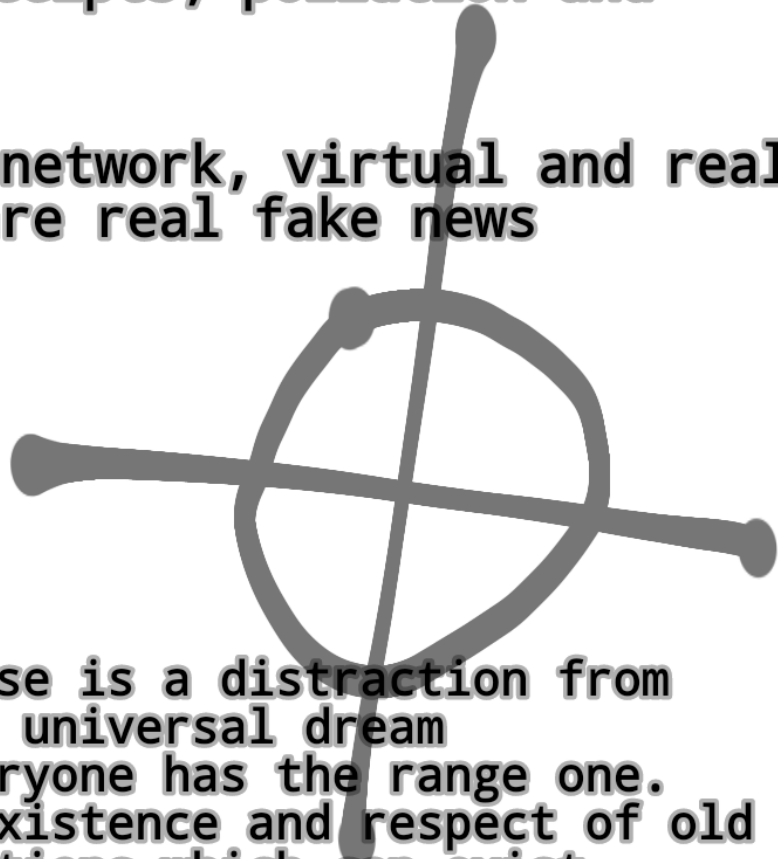
spotlight program

archangels, healing ceremony and self
realization integration

da family archive, Open-source
timeline and media room

footprint receipts, pollution and
slavery

a new media network, virtual and real
space to share real fake news



everything else is a distraction from
realizing the universal dream
maybe not everyone has the range one.
but for the existence and respect of old
and new traditions which can exist
without domination or human rights life
abuses

Water Protectors



Water protectors are activists, organizers, and cultural workers focused on the defense of the world's water and water systems. The water protector name, analysis and style of activism arose from Indigenous communities in North America, during the Dakota Access Pipeline protests at the Standing Rock Indian Reservation, that began in April, 2016, in North Dakota. Water protectors are distinguished from other forms of environmental activists by this philosophy and approach that is rooted in an Indigenous cultural perspective that sees water and the land as sacred

Clean Water Act



The Clean Water Act (CWA) is the primary federal law in the United States governing water pollution. Its objective is to restore and maintain the chemical, physical, and biological integrity of the nation's waters; recognizing the responsibilities of the states in addressing pollution and providing assistance to states to do so, including funding for publicly owned treatment works for the improvement of wastewater treatment; and maintaining the integrity of wetlands

Type Indicator

What's Your Personality Type?

Use the questions on the outside of the chart to determine the four letters of your Vigenère cipher code. For each pair of letters, choose the letter that seems most natural to you, even if you don't agree with every description.

1. Are you naturally or usually focused? If yes

- You're interested in things, especially
- You do the things that you like to do
- You're usually doing what others think is important
- You're doing things that you like to do

Are you prefer **E** Extroversion

2. Are you prefer to take information? If yes

- You're interested in things, especially
- You do the things that you like to do
- You're usually doing what others think is important
- You're doing things that you like to do

Are you prefer **I** Introversion

3. Are you prefer to take information? If yes

- You're interested in things, especially
- You do the things that you like to do
- You're usually doing what others think is important
- You're doing things that you like to do

Are you prefer **S** Sensing

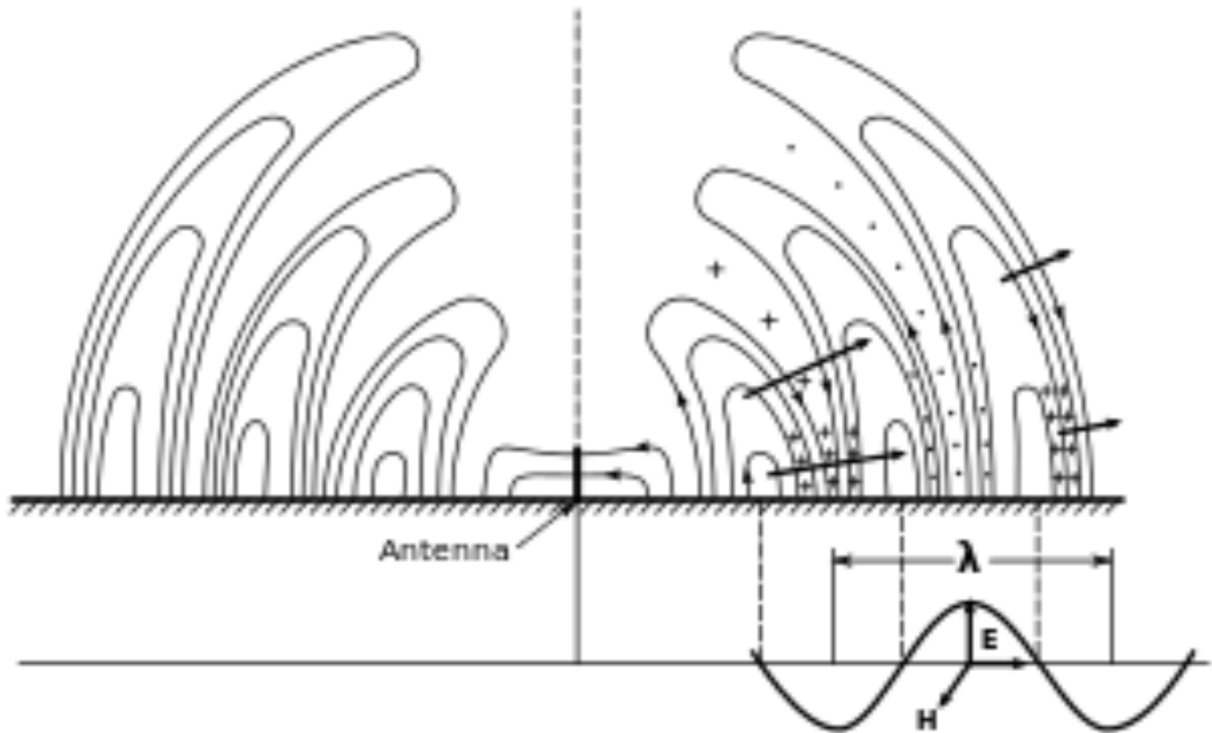
4. Are you prefer to take information? If yes

- You're interested in things, especially
- You do the things that you like to do
- You're usually doing what others think is important
- You're doing things that you like to do

Are you prefer **N** Intuition

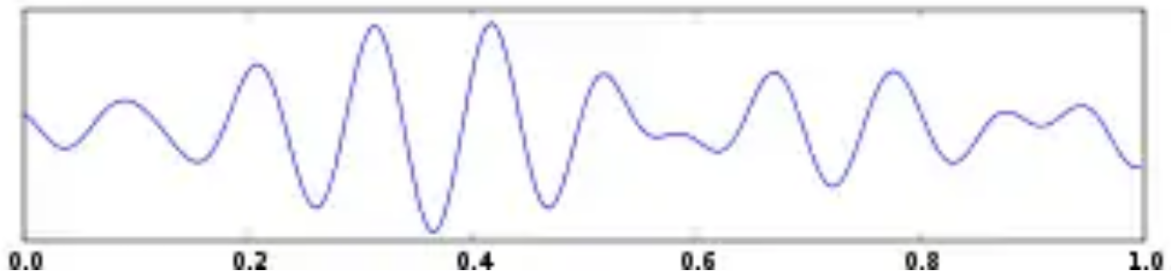
The Myers–Briggs Type Indicator (MBTI) is an introspective self-report questionnaire indicating differing psychological preferences in how people perceive the world and make decisions. The test attempts to assign four categories: introversion or extraversion, sensing or intuition, thinking or feeling, judging or perceiving. One letter from each category is taken to produce a four-letter test result, like "INFJ" or "ENFP".

Radio Wave



Radio waves are generated artificially by transmitters and received by radio receivers, using antennas. Radio waves are very widely used in modern technology for fixed and mobile radio communication, broadcasting, radar and radio navigation systems, communications satellites, wireless computer networks and many other applications. Different frequencies of radio waves have different propagation characteristics in the Earth's atmosphere; long waves can diffract around obstacles like mountains and follow the contour of the earth (ground waves), shorter waves can reflect off the ionosphere and return to earth beyond the horizon (skywaves), while much shorter wavelengths bend or diffract very little and travel on a line of sight, so their propagation distances are limited to the visual horizon.

Alpha Wave



Alpha waves are neural oscillations in the frequency range of 8–12 Hz likely originating from the synchronous and coherent (in phase or constructive) electrical activity of thalamic pacemaker cells in humans.

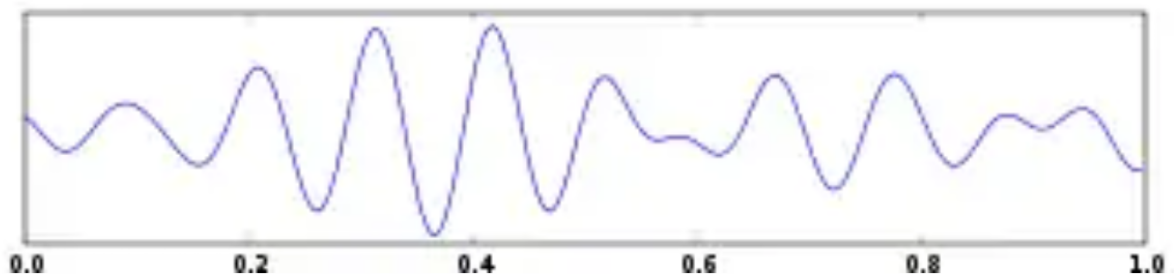
Historically, they are also called "Berger's waves" after Hans Berger, the inventor of EEG.

Alpha waves are one type of brain waves detected by electrophysiological and closely related methods, such as by electroencephalography (EEG) or magnetoencephalography (MEG), and can be quantified using quantitative electroencephalography (qEEG). They can be predominantly recorded from the occipital lobes during wakeful relaxation with closed eyes and were the earliest brain rhythm recorded in human. Alpha waves are reduced with open eyes, drowsiness and sleep.

Historically, they were thought to represent the activity of the visual cortex in an idle state.

More recent papers have argued that they inhibit areas of the cortex not in use, or alternatively that they play an active role in network coordination and communication. Occipital alpha waves during periods of eyes closed are the strongest EEG brain signals.

Alpha Wave (7-15 Hz)



Alpha waves are neural oscillations in the frequency range of 8–12 Hz likely originating from the synchronous and coherent (in phase or constructive) electrical activity of thalamic pacemaker cells in humans.

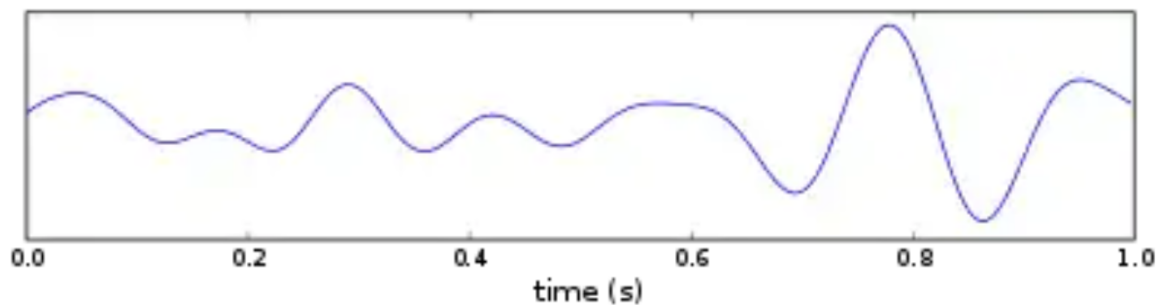
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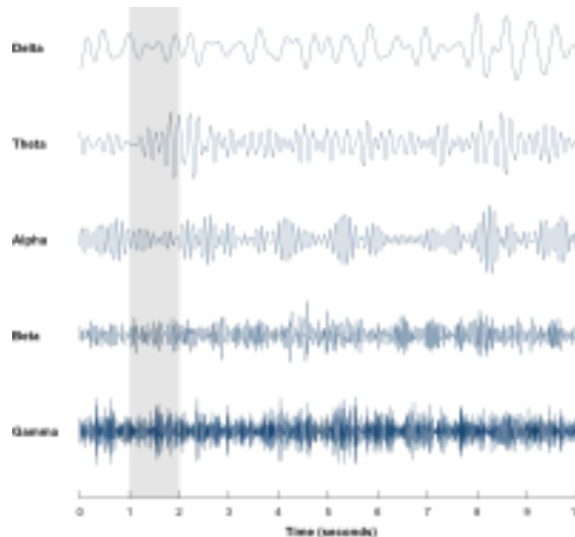
More recent papers have argued that they inhibit areas of the cortex not in use, or alternatively that they play an active role in network coordination and communication. Occipital alpha waves during periods of eyes closed are the strongest EEG brain signals.

Theta Wave (4-7 Hz)



Theta waves generate the theta rhythm, a neural oscillation in the brain that underlies various aspects of cognition and behavior, including learning, memory, and spatial navigation in many animals. It can be recorded using various electrophysiological methods, such as electroencephalogram (EEG), recorded either from inside the brain or from electrodes attached to the scalp. In humans, hippocampal theta rhythm has been observed and linked to memory formation and navigation. As with rats, humans exhibit hippocampal theta wave activity during REM sleep. Humans also exhibit predominantly cortical theta wave activity during REM sleep. Increased sleepiness is associated with decreased alpha wave power and increased theta wave power. Meditation has been shown to increase theta power.

Delta Wave (0.5-4 Hz)

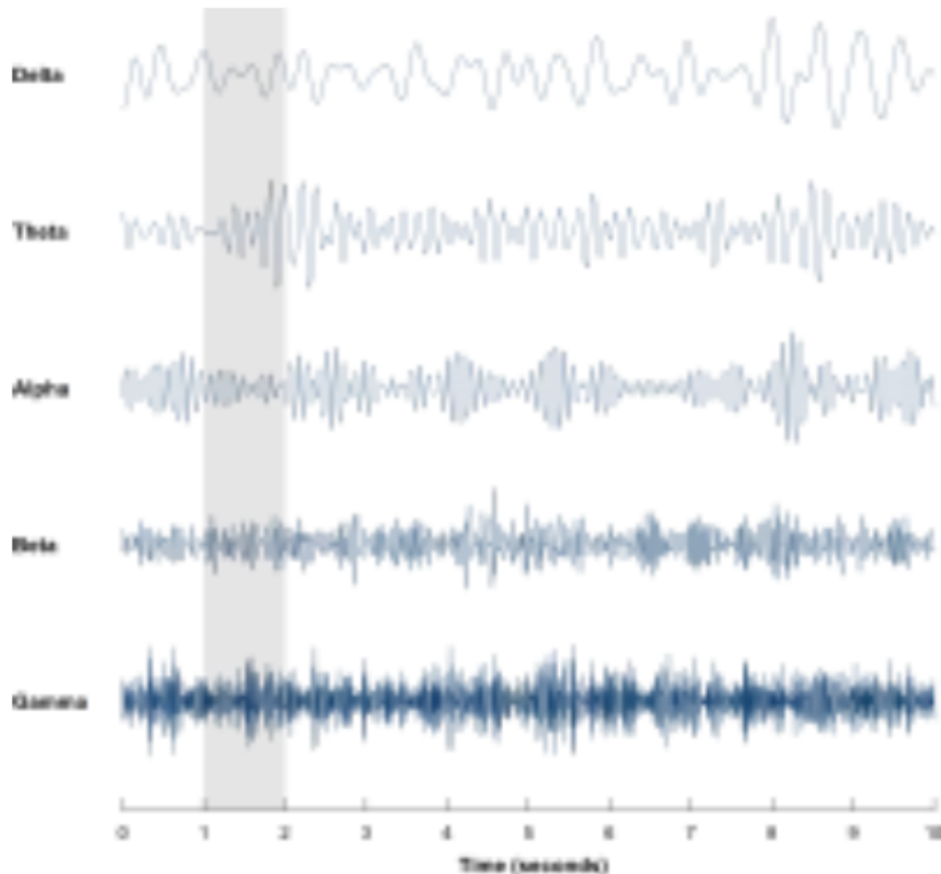


Delta waves are high amplitude neural oscillations with a frequency between 0.5 and 4 hertz. Delta waves, like other brain waves, can be recorded with electroencephalography (EEG) and are usually associated with the deep stage 3 of NREM sleep, also known as slow-wave sleep (SWS), and aid in characterizing the depth of sleep.

Initially, dreaming was thought to only occur in rapid eye movement sleep, though it is now known that dreaming may also occur during slow-wave sleep. Delta waves and delta wave activity are marked, in most people, by an apparently unconscious state, and the loss of physical awareness as well as the "iteration of information".

Delta wave activity has also been purported to aid in the formation of declarative and explicit memory formation.

Delta Wave (0.5-4 Hz)

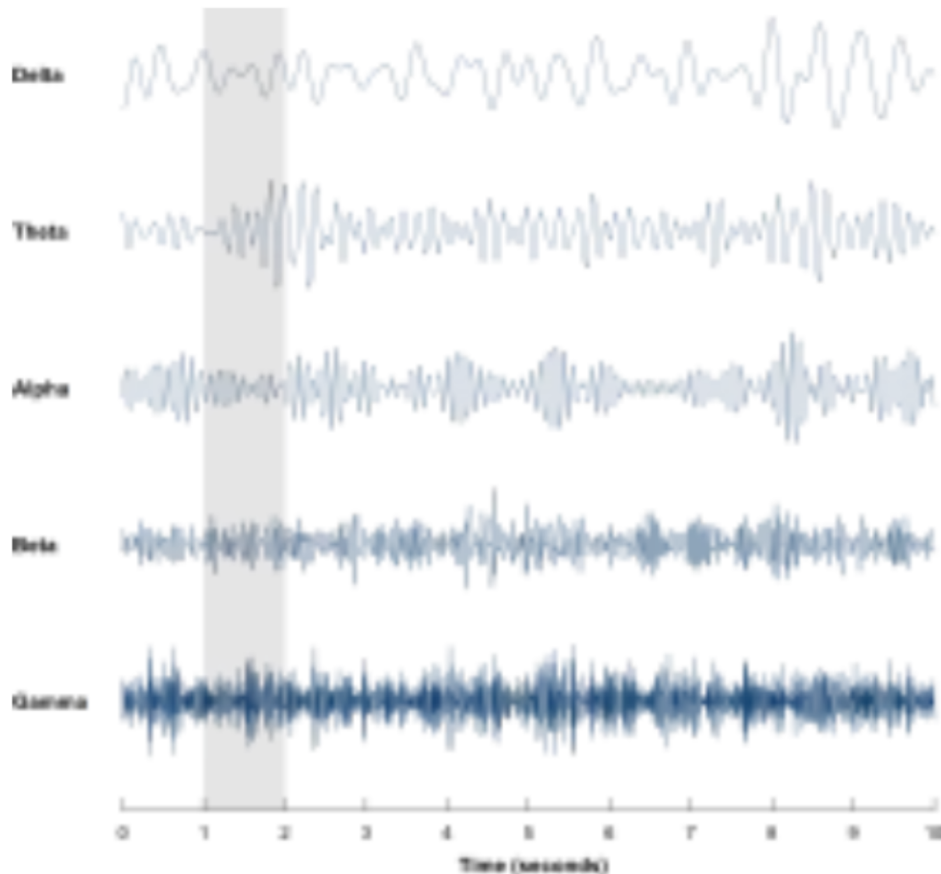


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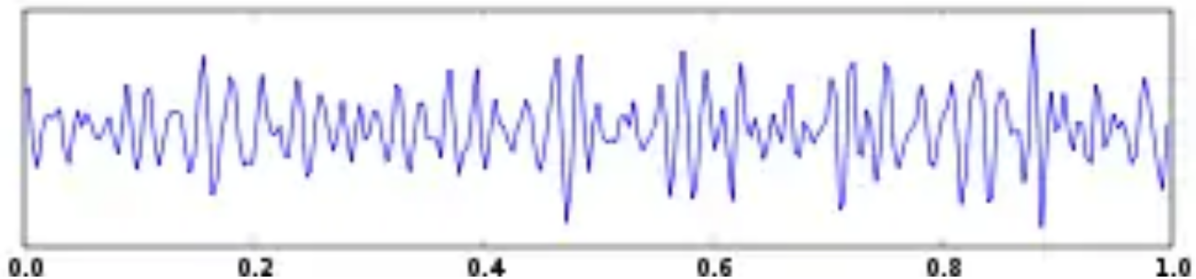


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Gamma Wave (>30 Hz)



A gamma wave is a pattern of neural oscillation in humans with a frequency between 25 and 140 Hz, the 40-Hz point being of particular interest. Gamma rhythms are correlated with large scale brain network activity and cognitive phenomena such as working memory, attention, and perceptual grouping, and can be increased in amplitude via meditation or neurostimulation. Altered gamma activity has been observed in

many mood and cognitive disorders such as Alzheimer's disease, epilepsy, and schizophrenia.

High-amplitude gamma wave synchrony can be self-induced via meditation. Long-term practitioners of meditation such as Tibetan Buddhist monks exhibit both increased gamma-band activity at baseline as well as significant increases in gamma synchrony during meditation, as determined by scalp EEG. fMRI on the same monks revealed greater activation of right insular cortex and caudate nucleus during meditation. The neurobiological mechanisms of gamma synchrony induction are thus highly plastic. This evidence may support the hypothesis that one's sense of consciousness, stress management ability, and focus, often said to be enhanced after meditation, are all underpinned by gamma activity. At the 2005 annual meeting of the Society for Neuroscience, the current Dalai Lama commented that if neuroscience could propose a way to induce the psychological and biological benefits of meditation without intensive practice, he "would be an enthusiastic volunteer."

Piaget's Theory of Cognitive Intelligence



Piaget's theory of cognitive development is a comprehensive theory about the nature and development of human intelligence. It was originated by the Swiss developmental psychologist Jean Piaget (1896–1980). The theory deals with the nature of knowledge itself and how humans gradually come to acquire, construct, and use it. Piaget's theory is mainly known as a developmental stage theory. Piaget "was intrigued by the fact that children of different ages made different kinds of mistakes while solving problems". He also believed that children are not like "little adults" who may know less; children just think and speak differently. By thinking that children have great cognitive abilities, Piaget came up with four different cognitive development stages, which he put out into testing. Within those four stages he managed to group them with different ages. Each stage he realized how children managed to develop their cognitive skills. For example, he believed that children experience the world through actions, representing things with words, thinking logically, and using reasoning.

Preoperational Stage (2-7 years)

the sensorimotor stage "extends from birth to the acquisition of language". In this stage, infants progressively construct knowledge and understanding of the world by coordinating experiences (such as vision and hearing) from physical interactions with objects (such as grasping, sucking, and stepping). Infants gain knowledge of the world from the physical actions they perform within it. They progress from reflexive, instinctual action at birth to the beginning of symbolic thought toward the end of the stage.

Children learn that they are separate from the environment. They can think about aspects of the environment, even though these may be outside the reach of the child's senses. In this stage, according to Piaget, the development of object permanence is one of the most important accomplishments. Object permanence is a child's understanding that an object continues to exist even though they cannot see or hear it. Peek-a-boo is a game in which children who have yet to fully develop object permanence respond to sudden hiding and revealing of a face. By the end of the sensorimotor period, children develop a permanent sense of self and object and will quickly lose interest in Peek-a-boo.

Piaget divided the sensorimotor stage into six sub-stages".

Concrete operational Stage (7-11 years)

The concrete operational stage is the third stage of Piaget's theory of cognitive development. This stage, which follows the preoperational stage, occurs between the ages of 7 and 11 (middle childhood and preadolescence) years, and is characterized by the appropriate use of logic. During this stage, a child's thought processes become more mature and "adult like". They start solving problems in a more logical fashion. Abstract, hypothetical thinking is not yet developed in the child, and children can only solve problems that apply to concrete events or objects. At this stage, the children undergo a transition where the child learns rules such as conservation. Piaget determined that children are able to incorporate inductive reasoning. Inductive reasoning involves drawing inferences from observations in order to make a generalization. In contrast, children struggle with deductive reasoning, which involves using a generalized principle in order to try to predict the outcome of an event. Children in this stage commonly experience difficulties with figuring out logic in their heads. For example, a child will understand that "A is more than B" and "B is more than C". However, when asked "is A more than C?", the child might not be able to logically figure the question out mentally.

Two other important processes in the concrete operational stage are logic and the elimination of egocentrism.

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Two other important processes in the concrete operational stage are logic and the elimination of egocentrism.

Formal operational Stage (11+ years)

The final stage is known as the formal operational stage (adolescence and into adulthood, roughly ages 12 to adulthood): Intelligence is demonstrated through the logical use of symbols related to abstract concepts. This form of thought includes "assumptions that have no necessary relation to reality." At this point, the person is capable of hypothetical and deductive reasoning. During this time, people develop the ability to think about abstract concepts.

Piaget stated that "hypothetico-deductive reasoning" becomes important during the formal operational stage. This type of thinking involves hypothetical "what-if" situations that are not always rooted in reality, i.e. counterfactual thinking. It is often required in science and mathematics.

Abstract thought emerges during the formal operational stage. Children tend to think very concretely and specifically in earlier stages, and begin to consider possible outcomes and consequences of actions.

Metacognition, the capacity for "thinking about thinking" that allows adolescents and adults to reason about their thought processes and monitor them.

Problem-solving is demonstrated when children use trial-and-error to solve problems. The ability to systematically solve a problem in a logical and methodical way emerges.

While children in primary school years mostly used inductive reasoning, drawing general conclusions from personal experiences and specific facts, adolescents become capable of deductive reasoning, in which they draw specific conclusions from abstract concepts using logic. This capability results from their capacity to think hypothetically.

Thinking, creative (Commons), higher
functioning (post limbic/reptilian complex
(mammalian - neocortex), conscious adaptation
and meta-cognition Hierarchical complexity,
protocol styles/ Beliefs, Trust in Self,
Commitment

Meaning / Dissonance

SPIRO

HOW

HOLISTIC

WHY/WHO

Belong / Conform /
De-Individuation

PSYCHO

SOCIO

Power / Shortcuts &
Limitations

Extroverted, Secure-Anxious
ambivalent, Trust in Others,
Explorative

Introverted, dismissive,
lack of trust in others

WHO/WHY

ANALYSIS

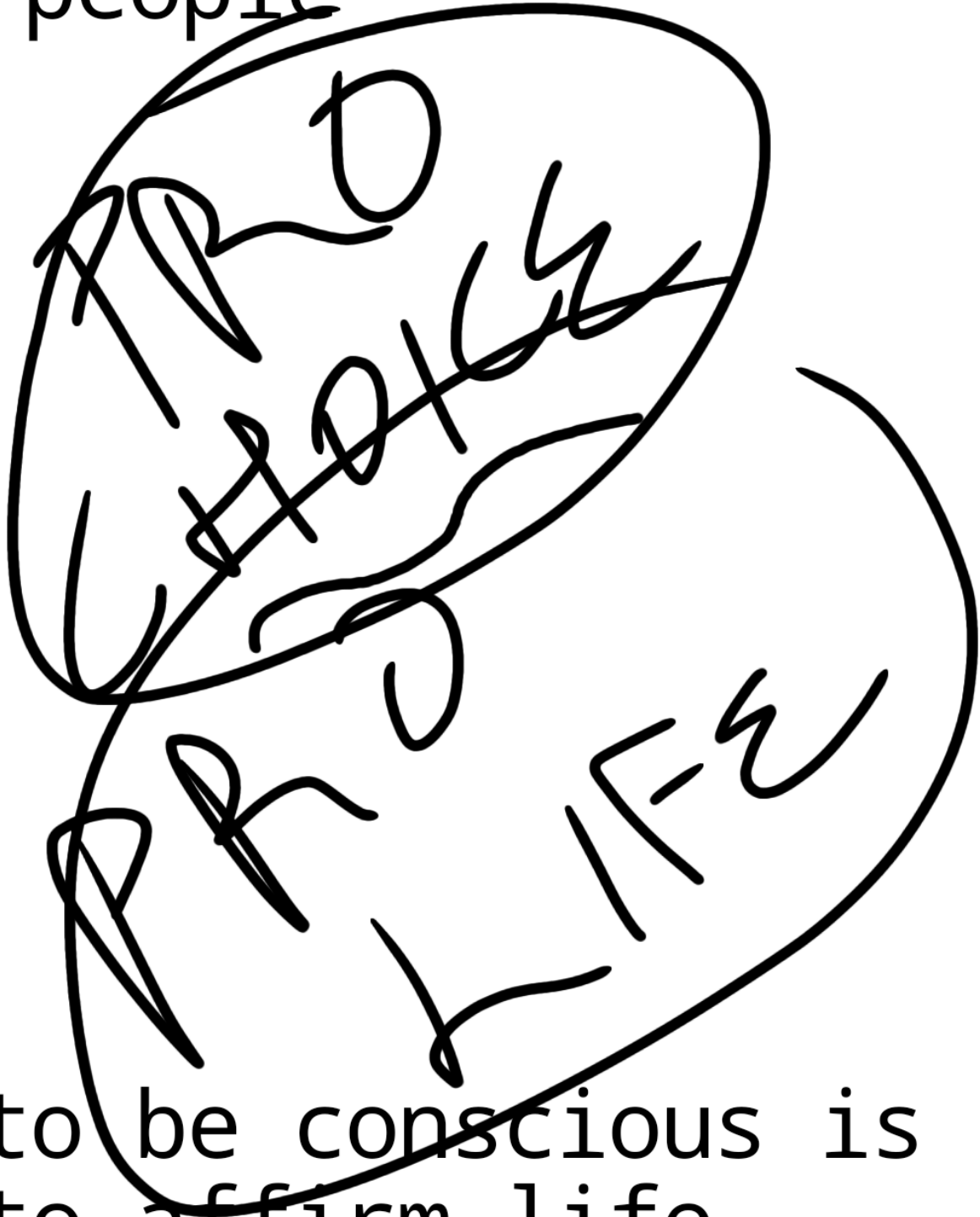
WHAT/WHERE/WHEN

BIO

Pleasure / Conditioning /
Nature & Nurture

Feeling, Fearful/Anxious, Sensory
perception, environmental origin,
Needs

cc: you're killing
people



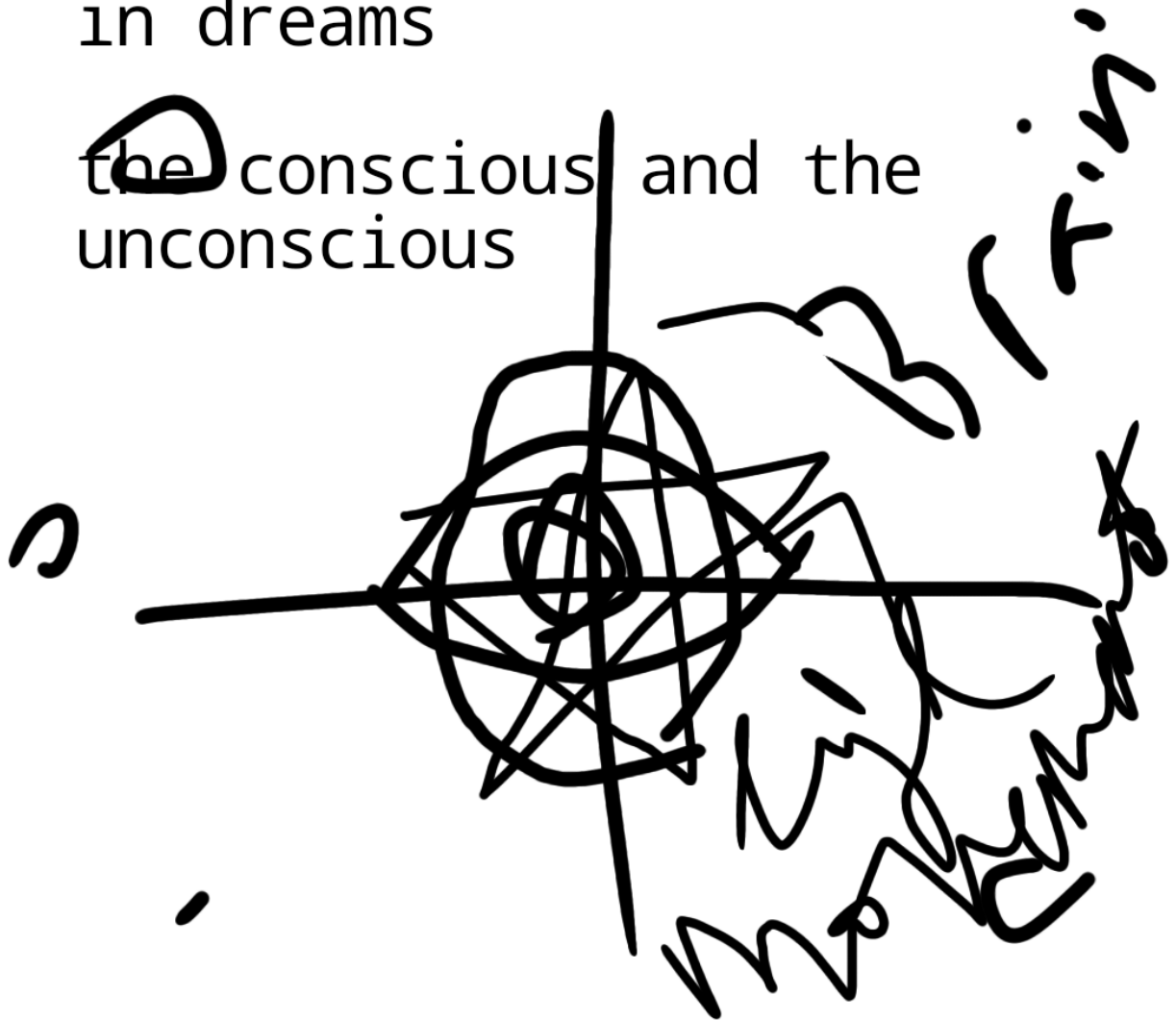
to be conscious is
to affirm life
and to grow in that
skill

scry
scribe

natural group brain
delegation
case studies
a way to categorize
all human behavior

meeting your emotions
in dreams

the conscious and the
unconscious



movie/cycle title:
summary
author
duration

I needs
II beliefs
1 sensory motor
2 concrete
3 pre operational
4 formal
5 systematic - 5 ecosystems of
man; individual, micro, meso,
exo, macro and (Chrono)
6 Eco system - weather and time
7 bioregional - seasonal
global
8 solar- planetary positions
9 galactic - constellations
10 universal - (Chrono)

JUST BECAUSE ONE ONLY EXPRESSES
SENSORY MOTOR AND EMOTIONAL
SKILLS DOES NOT MEAN THEY ARE
NOT GLOBALLY CONSCIOUS
this is not finalized
but to create a list that makes
filling in the model that much
easier

I found the red book in the
bathroom...
can I not shit because
I'm ashamed
afraid to go without food
unhealthy
or just
globally conscious and unable
to relax due to present
situation

I found the red book in the
bathroom...

can I not shit because

1 socio I'm ashamed

2 survival afraid to go without
food

3 bio unhealthy

or just

4 socio-spiritual globally
conscious and unable to relax
due to present situation

5 psychotic problems

The Eco Summit
The Culture of Peace
CascadiaNow, Auto-Functional
Wildflowers, Mushrooms and Lichen
of the
Pacific Northwest
Featuring
PA Davis, D Bella and D Adams

DOCUMENTARY FILMMAKER
SJ BARRETT

BioPsychoSocio-Spiritual Model and 4 Paradigms/("Wills") of Human Nature

Spiritual Evolution / Creative Commons

Will to Meaning/
Creativity/Spirituality/
Cognitive Dissonance

Psychological

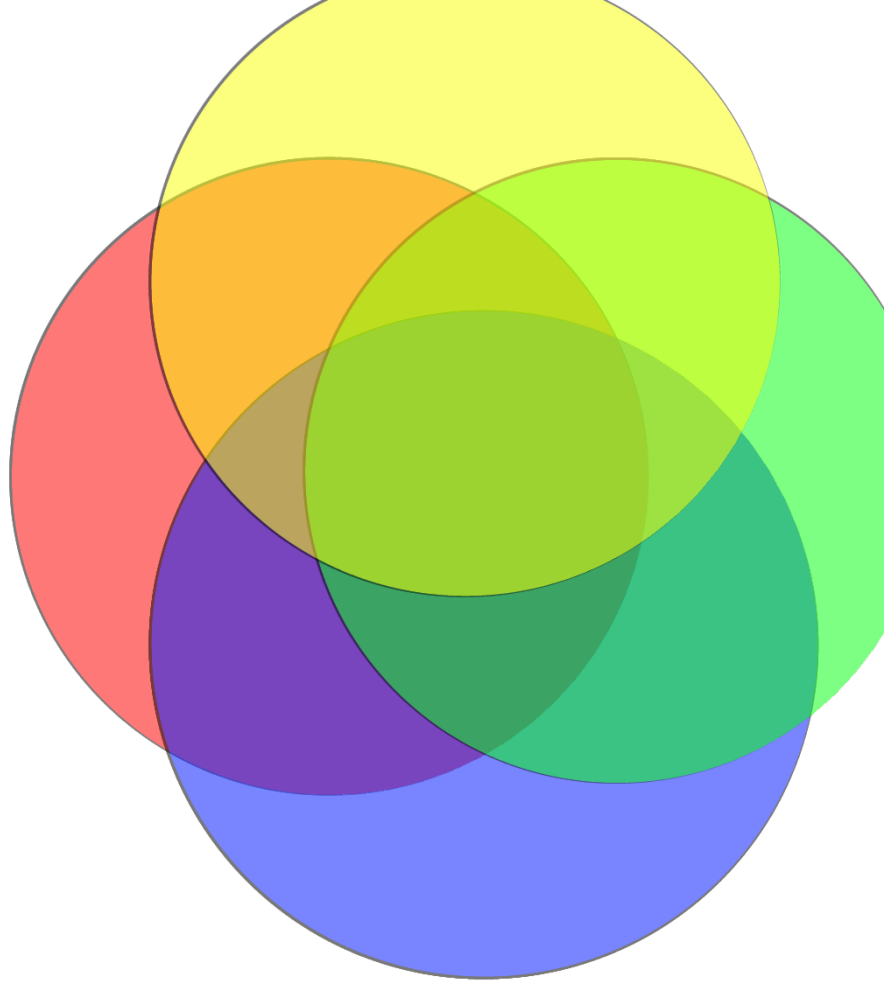
Will to Power/
Limitations/Heuristics/
Shortcuts

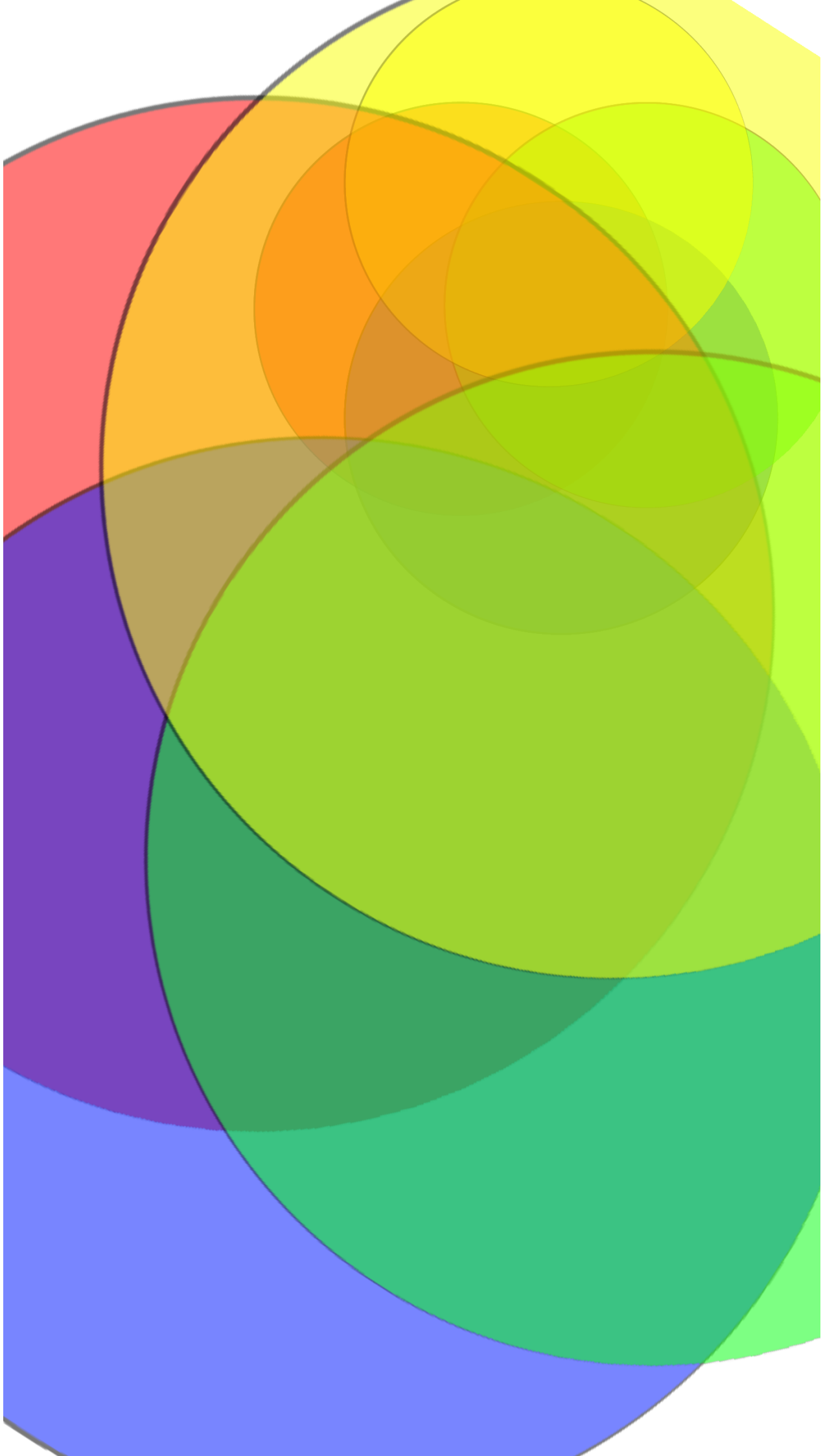
Sociological

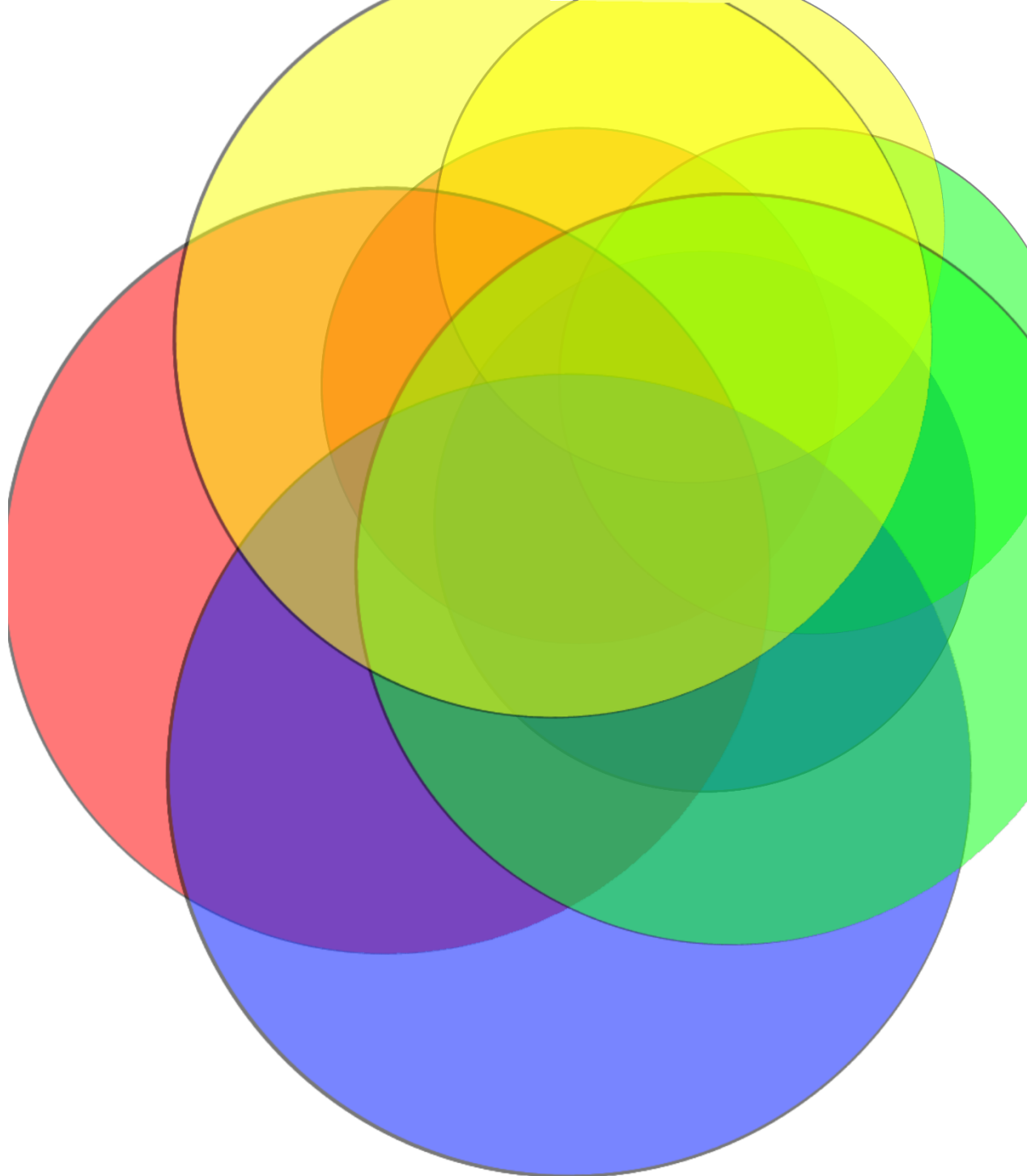
Will to Belong*/
Conformity/
De-Individuation

Biological

Will to Pleasure/
Conditioning







**HOLISTIC
SCIENCE**

you're not an asshole

you're just retarded

"what's inside of you that makes you uncomfortable
with accepting that part of yourself"

"the inside of me doesn't see that as part of me"

toxins, needles, culture of war, its not in you, it's
laying on top of you, suffocating you. invading you.
I'm not having a hard time accepting that.

you're not an asshole

you're just retarded

"what's inside of you that makes you uncomfortable with accepting that part of yourself"

"the inside of me doesn't see that as part of me"

toxins, needles, culture of war, its not in you, it's laying on top of you, suffocating you. invading you. I'm not having a hard time accepting that.

these archetypes aren't within us. they're projected onto us. by procession of generations. general themes exist but many are mis- appropriating and dehumanizing

you're not an asshole

you're just retarded

"what's inside of you that makes you uncomfortable with accepting that part of yourself"

"the inside of me doesn't see that as part of me"

toxins, needles, culture of war, its not in you, it's laying on top of you, suffocating you. invading you. I'm not having a hard time accepting that.

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vampire death cult

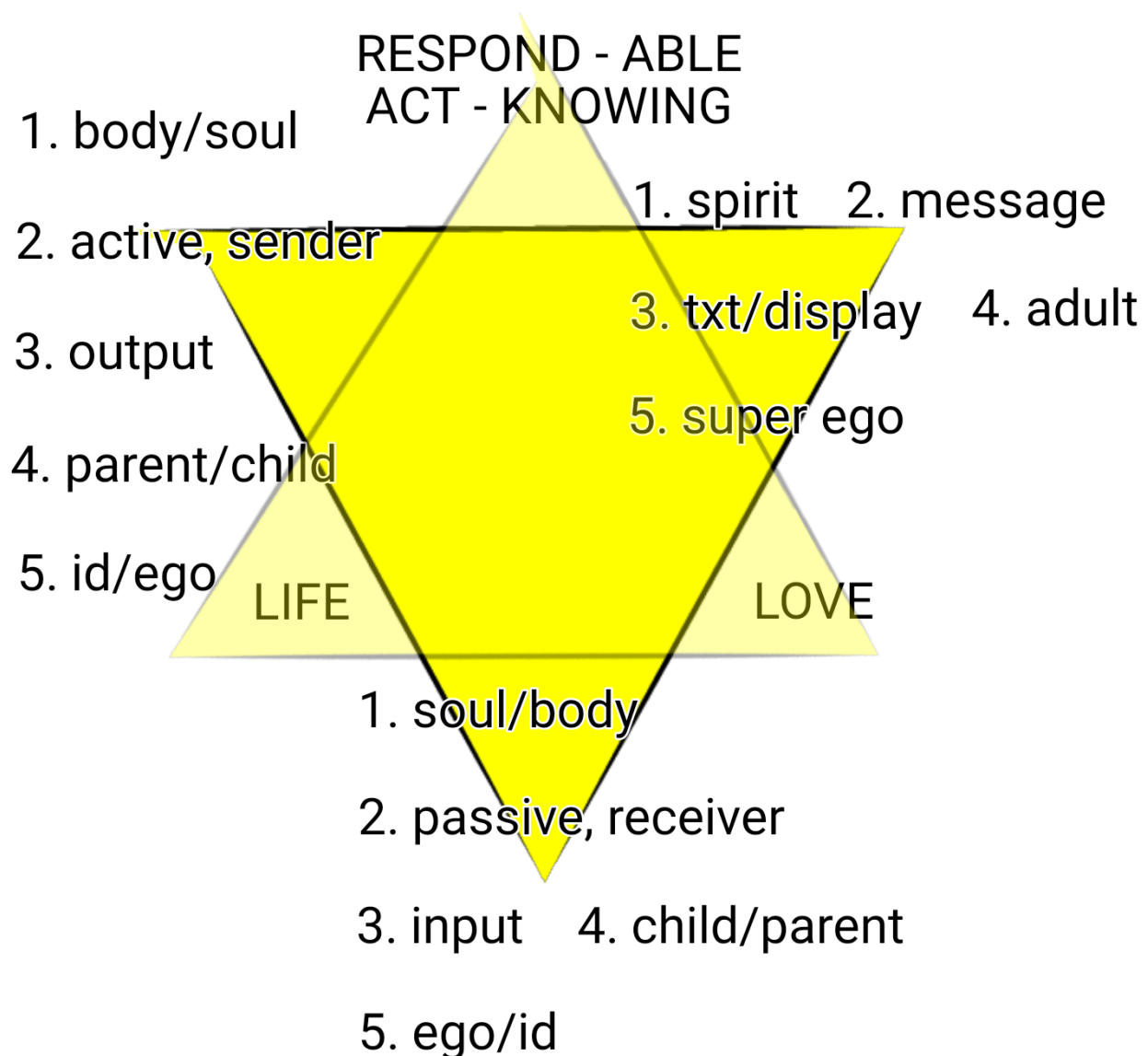
"what's inside of you that's not okay with this"

"shit from this culture"



3 needs:

1. Survival to Thriving (bio conditions, wills to pleasure and control) - security/defense (LIFE)
2. Conforming to Belonging (productive/ healthy/efficient/working relations) - (LOVE)
3. reliance to mastery, self realization and individuation, will to meaning - (true KNOWLEDGE is action)



AUTISTIC AMERICA

3rd world.

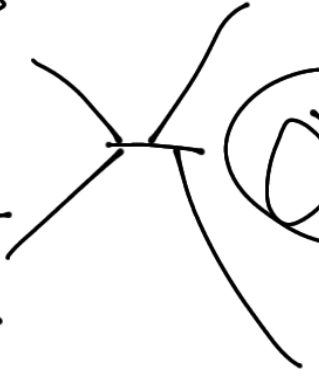
my
needs



costs too much



no
more



MINUS

PLUS



WHAT HAPPENED TO THE ASHLAND
CULTURE OF PEACE COMMISSION?
International City of Peace???
+ CORRUPT CITY FINANCES
+ WIDESPREAD SELLING OF SLAVE GOODS
AND ENVIRONMENTAL TOXINS
+ A GLOBAL CULTURE OF WAR
+ A GLOBALIST SLAVE ECONOMY
CREATES THE SUPPLY AND DEMAND FOR
CHILD SEX SLAVES
+ YOU ARE EPSTEIN

ASHLAND DOCUMENTARY FILMMAKER
AND DIRECTOR SJ BARRETT OF:
- THE ECO SUMMIT
- THE ACPC
- CASCADIANOW!
- Indigenous Ceremonial Change Process
- Museums, Change and Our Future
- The Alive Proposal
- Wildflowers, Mushrooms and Lichen of
the Pacific Northwest

HOMELESS, COLD AND HUNGRY
City by City Nationwide: Anti-Human,
Anti-Life policies

The Statue of Responsibility

Every Struggle is For Breath: I Can't Breathe,
Life Matters, Water is Life, Pro Life is Pro
Choice, Pride in Diversity, Life with Dignity
Act (THE SUNSHINE CLAIM)

CC: Conscious Culture
is
#thelovemovement

we're not

assholes

we're just retarded

and shitily

programed

by mainstream

culture

VALUE OF HUMAN LIFE CARDS/ MEMES

100 billion to 200 dollars _ income
disparity

modern slavery and forced child labor

~1 million depending on blood type,/

health _ black market organs

~ nuclear bombs

140k 15kilatons @hiroshima at ~28

million for 400kt = so ...

no self no problem
consciousness does not begin in the head

I feel therefore I am

the heart, feelings apriori, predate and give
rise to consciousness

no self no problem
consciousness does not begin in the head

I feel therefore I am

the heart, feelings are apriori, predate and
give rise to consciousness

....

Humans are extraordinarily fearful of
change.

the only constant

the rose of consciousness.

optimism vs pessimism in the expected
change to come (with reference to Anne

no self no problem
consciousness does not begin in the head

I feel therefore I am

the heart, feelings are apriori, predate and
give rise to consciousness

....

Humans are extraordinarily fearful of
change.

the only constant

the rose of consciousness.

optimism vs pessimism in the expected
change to come (with reference to Anne
stating country folk are more aware, my
response that they have the power to
change the government, or to be active
citizens in their local government)



D: Increasing Awareness and
Emergency preparedness

O: civil rights abuses, culture of
war/ government sponsored death
tolls during the 6th mass extinction
event on planet earth

Q: why am I/ are we suicidal?

H: 1. harmony of the spheres
a. multidimensional cognitive
dissonance i. reduction and ii.
rehabilitation methods

Post card to Luci

incoming transmission...

hello my daughter

I have traveled to another world to claim my fortune (princess bride ref.)

only those who actually know me, can know me. to everyone else I am hologram with a specific directional mission, from the heart of the earth.

I have transcended atypical modalities and modalities used by the masses, to inhibit and dismiss greater responsibilities.

as I engage in the psycho spiritual warfare plaguing our planet today, id like to imagine, my progress and fateful course is not in vein. for to me, that would mean all things are, and unfortunately, as an emotional creature, this is something I would rather not face.

even thinking about you is akin to perversion, for your mother will have nothing to do with me and who else has the right to your guardianship if not her? surely not the homicidal state institutions. regardless,, your otherwise inccor3ctly judged my motives and character. I do not wish to associate with people who live in fear. yes,yes, appear that I do,, but I believe my companions know me well enough to see that I enjoy their company enough to respect their rights and wishes.

ever since that day

so one day I will be able to help not just you but all the children, even those of the future to come

some day you will be big like me and other children will need a place to be

but we breathe in smoke every summer now, the oceans water is acidification, the adults have made quite a mess!

you are a child of light, and I cast a magical spell so that no one can ever take your light away, you are a sun of the sun, daughter of water

I must confess, my darling. I would rather be killed, than claustrophibically choked and tortured in a cage

also, I would hate for you to see me in such poor light

they don't succeed in rehabillitatiin, on the contrary, they make you a cu s tomer (reference recidivism rates)

I dontbelieve in speaking to children like children. adults are overinflated, narcissistic slave masters, who silence and control the children beyond their own attention span,not meeting their basic needs and prescribing amphetamines. I'm not against drugs or drug education action. I am promoting a more conscientious and holistic response to a global attention deficit or diabolically planned mental warfare.

dear luci
you are my world

I wanted to have more children, I like the idea of a big family. but it's not genetically necessary and any adults could and would prefer self mastery and personal growth over the enlightened responsibility of not ordering, but caring for children.

OK also. we are all siblings on this planet earth, the hierarchy of age or generation is a silly illusion, many people live old never learning new, while others live new, never learning old

but you are closer to my emotions than I myself am, and I have projected more value onto you than anything I have ever had.
but I never had you, your mother did, and she doesn't want me to have you. we're in a strange time this day in age, and when you live I fear without help in navigating the darkness, you often lose your friends, and sometimes yourself

I don't believe in speaking to children like children. adults are overinflated, narcissistic slave masters, who silence and control the children beyond their own attention span, not meeting their basic needs and prescribing amphetamines. I'm not against drugs or drug education action. I am promoting a more conscientious and holistic response to a global attention deficit or diabolically planned mental warfare.

time travel post card therapy

dear luci,

I watched a movie on time travel and regret

I wanted to tell you that I will invent a time travel machine in order to fix everything.

everyone wants to say I'm crazy, but the only way to enter the dream is to forget everyone you are not and remember everyone you are.

you have to sacrifice your identity to enter a faceless society.

this is because, the ego is a great tool, but quite illusory.

I don't know exactly why I don't trust your mother. I do have a bit of evidence. but also Trust isn't necessary when you're a detective or reporter. in the end, you don't need to trust someone to respect their rights. and actually I would recommend people not trust each other so much and start asking more questions. trust can stop the questioning method

cult spawning
group creation
biodiversity and biosecurity
group format
discovering of purpose
when 2 gather in my name i am there
the third, triangles in history, triangle obsession
pythagoras cult and mathematical science, the shape of a projection
projections in psychology, sociology, biology, especially math

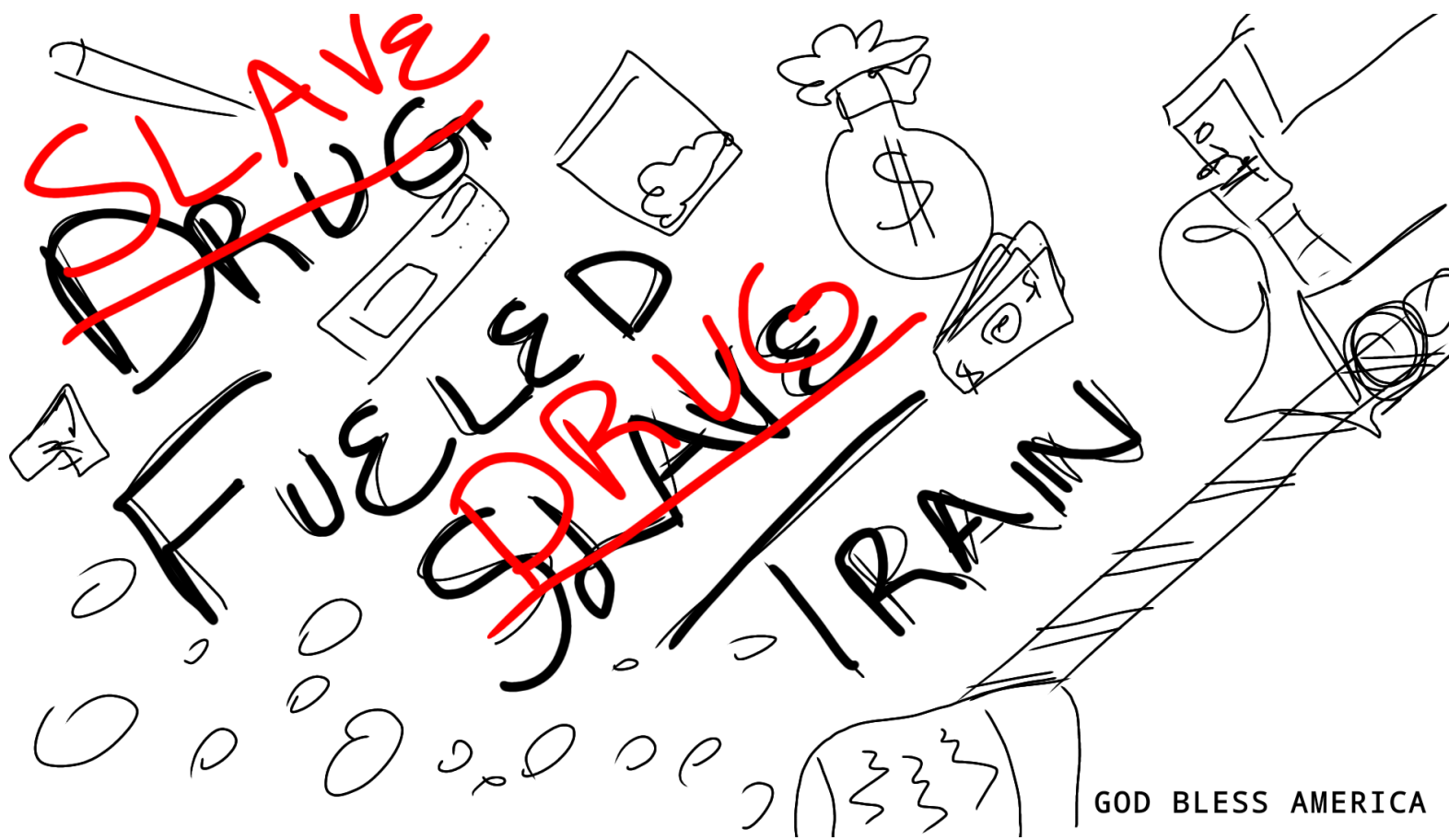
my channel was broken
as she left?
the inspiration and creative drive
was i just leaching off her sleeping mind
i do prefer the night, maybe 3am is the deeper than rem, delta wave sleep
only a few minutes a night
but still 3am a time of early silence typical of our ancestors to go feed the fire

the best secret agent, the forgetful kind, but uses muscle not working memory in order
to retain abilities and accomplish tasks, without a memory system to inhibit. the best
working man without the capacity to think, only accomplish directions...

started 1040am monday, september 20, 2021



GOD BLESS AMERICA



GOD BLESS AMERICA

Love
one
another

learn
cursive.

Learn
cursive.

the freedom package
the sunshine claim
citizens United

George Washington's letter to the
disgusting and illiterate New Englander's
(modern American) lay people
"stop fear mongering, and get to work.
only education will save you from your
own ignorance. the deep state of
unconsciousness."

the freedom package
the sunshine claim
citizens United

George Washington's letter to the
disgusting and illiterate New Englander's
(modern American) lay people
"stop fear mongering, and get to work.
only education will save you from your
own ignorance. the deep state of
unconsciousness."

cc: conspiracy timeline

bloods form in re: to
crips, 1 to 3
comparison in number's

civil rights of the
60s begins

crips form and flood hippy
street with hard drugs and
organized violencd

declarations human rights after ww2

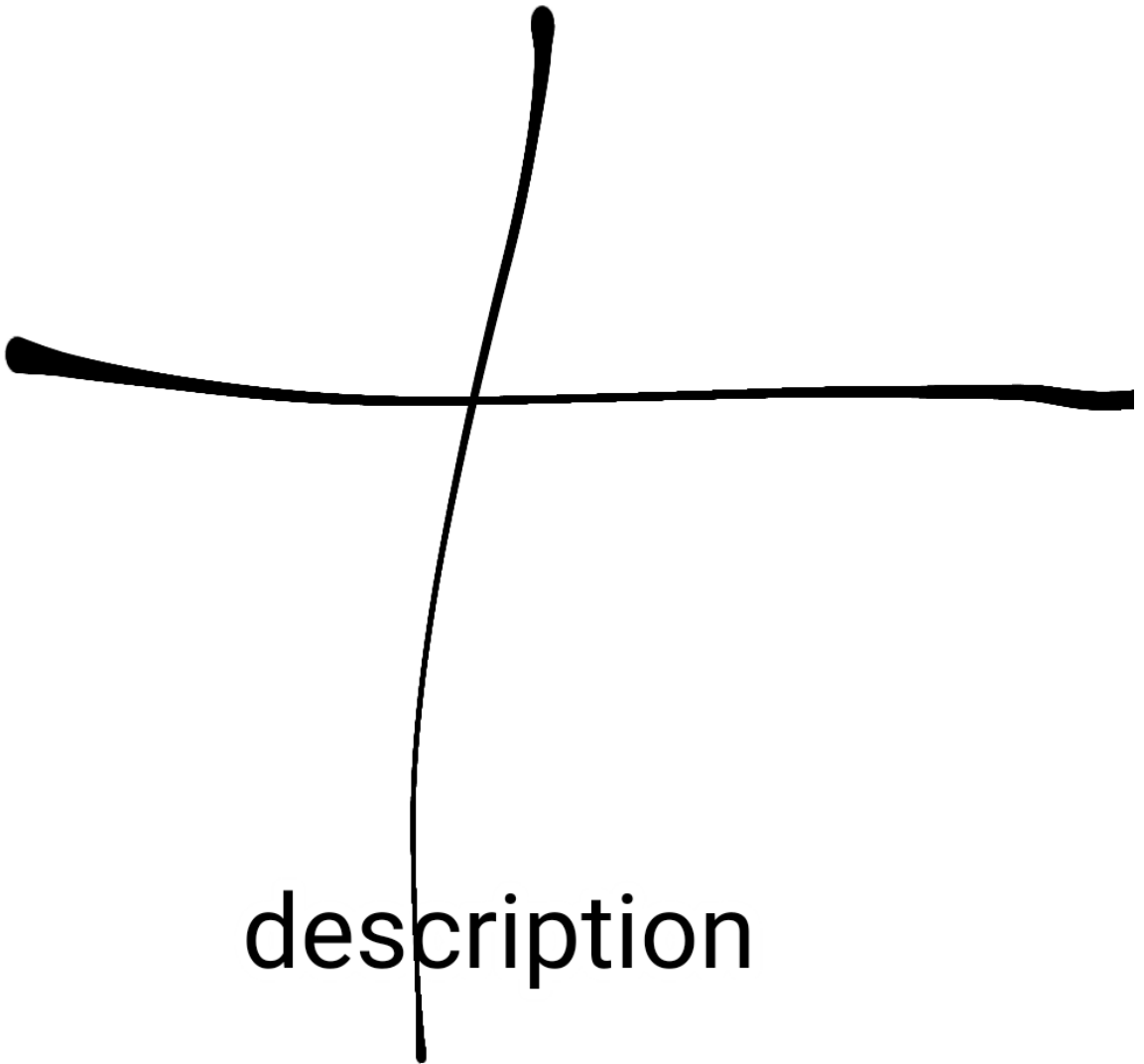
propoganda and Attacks on
communes and
international worker led
movements towards self
sufficiency
redscare3.0

Woodstock
summer of love

jfk assassination
mlk assassination
Gandhi assassination

environmentalists re develop the
concept of bioregionalism, rooted
in natural order, indigenous
wisdom and watershed governance

name

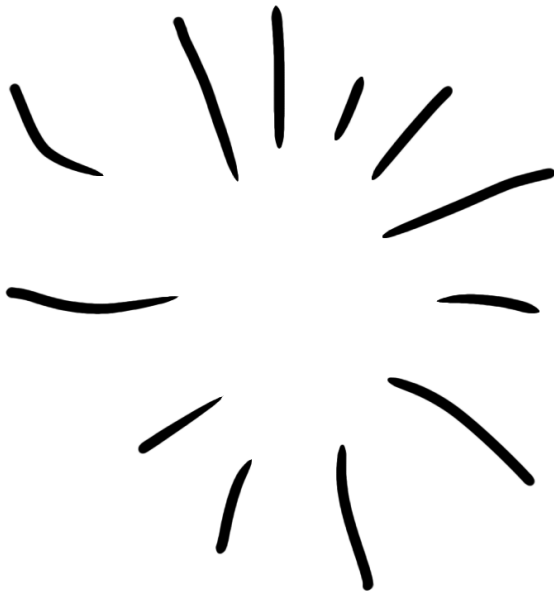


description

SO YOU'RE SAYING:
I'M NOT CONSCIOUS?!

no one is...
we have moments of being
conscious of particular things,
when we need to change or
adapt our behavior. otherwise we
are in a comfortable slumber of
autopilot.

we can never fully see each other



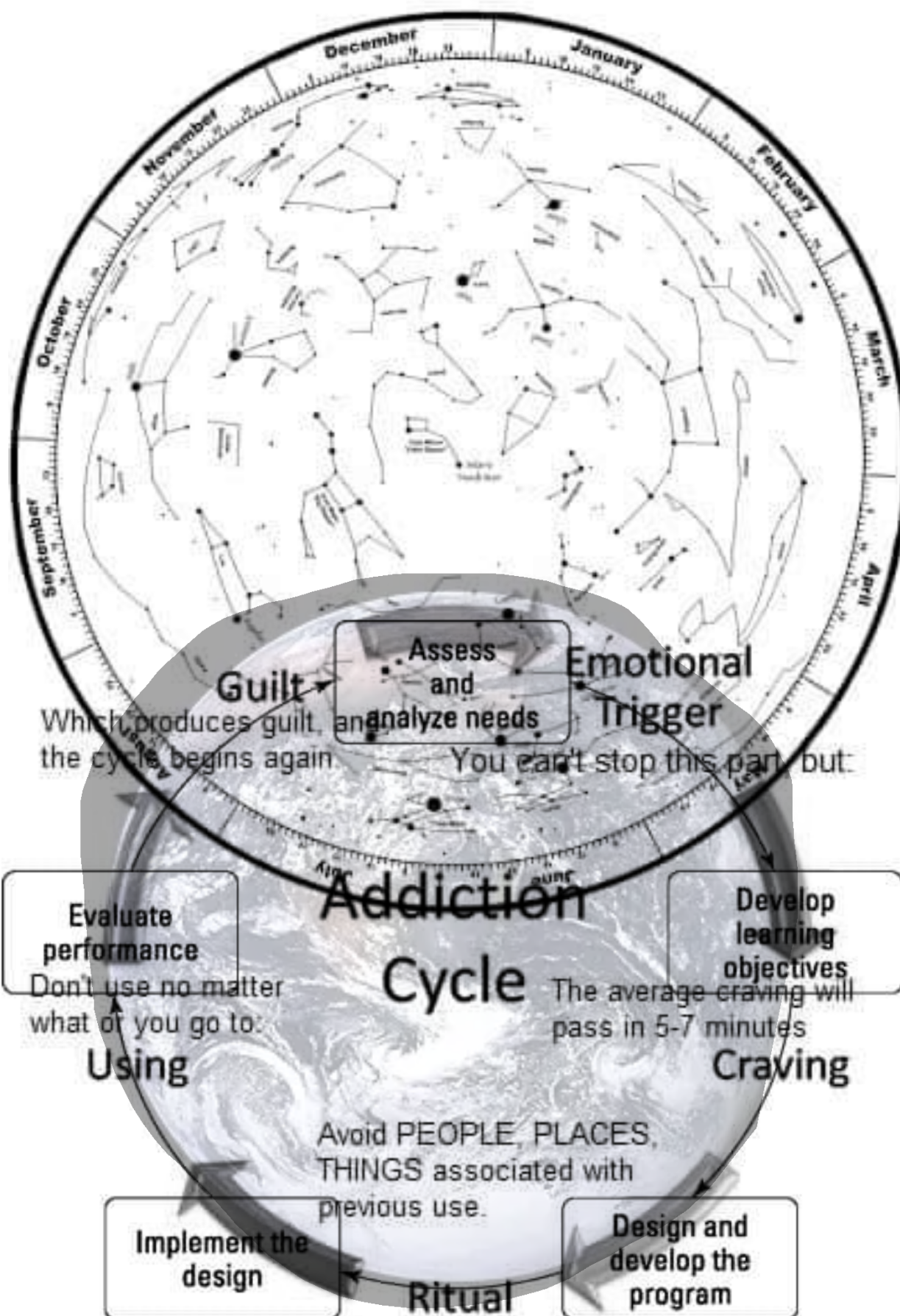
in all our forms
judged
by who?
measure up...

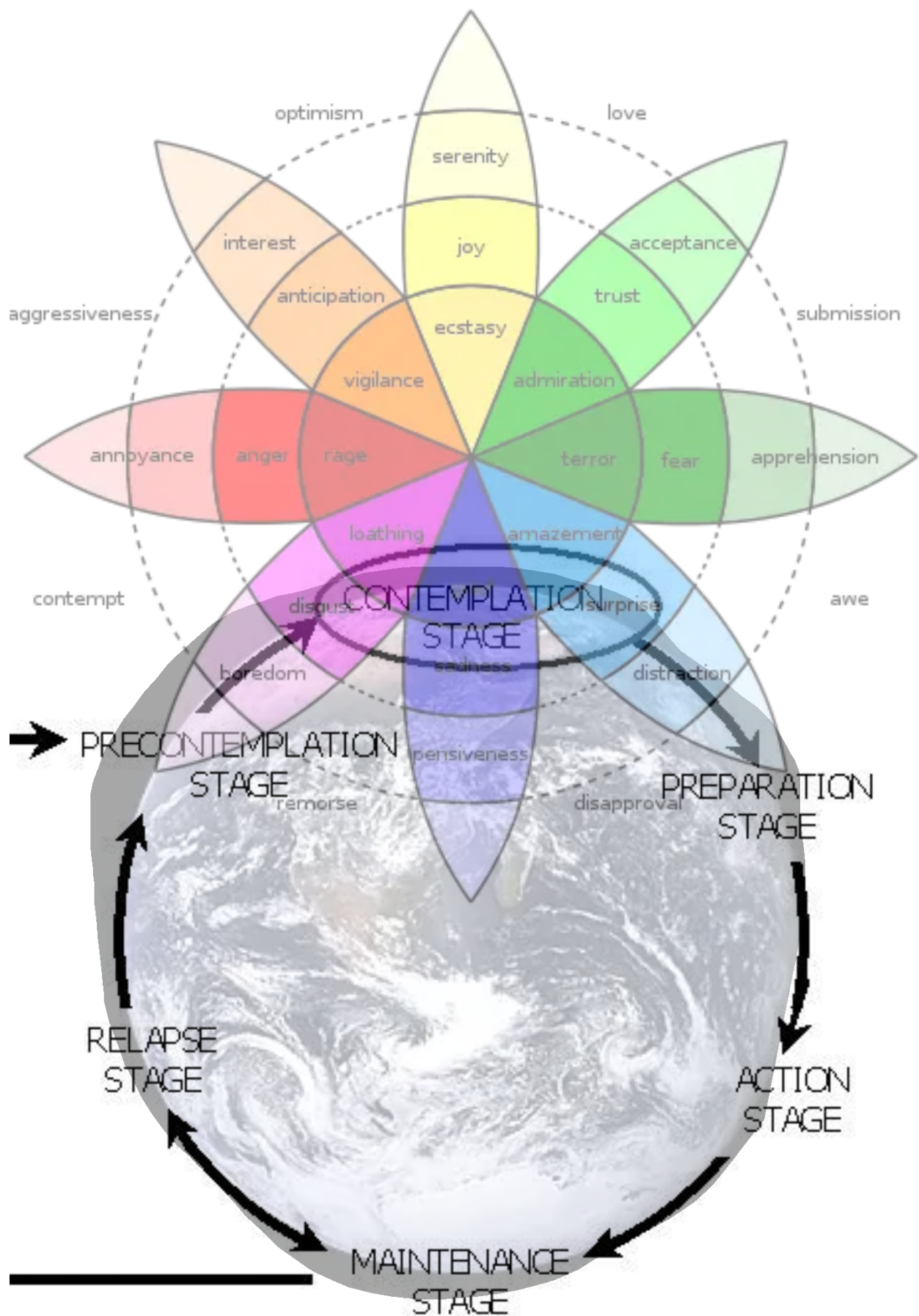
blinded by light

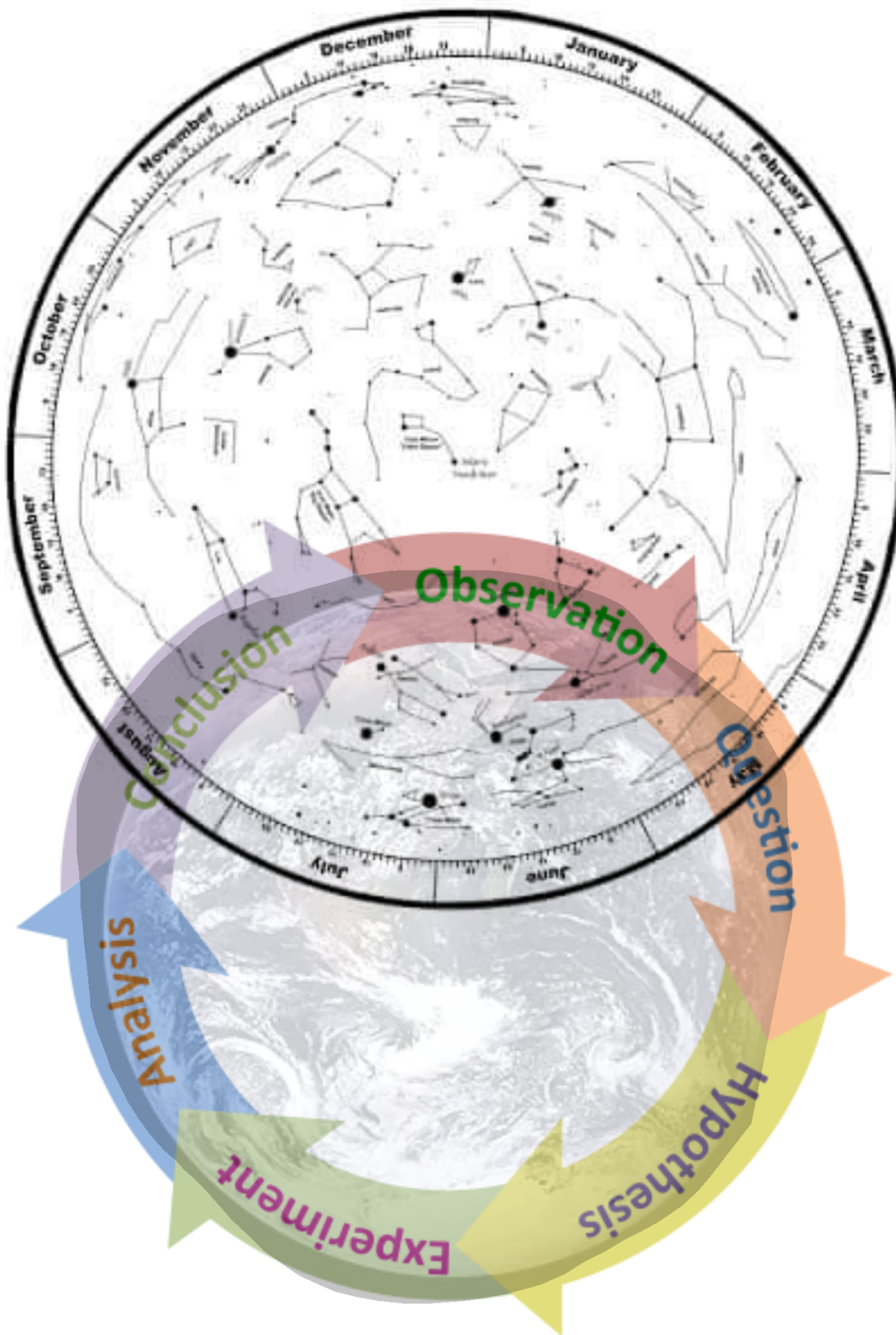
we can never fully see each other

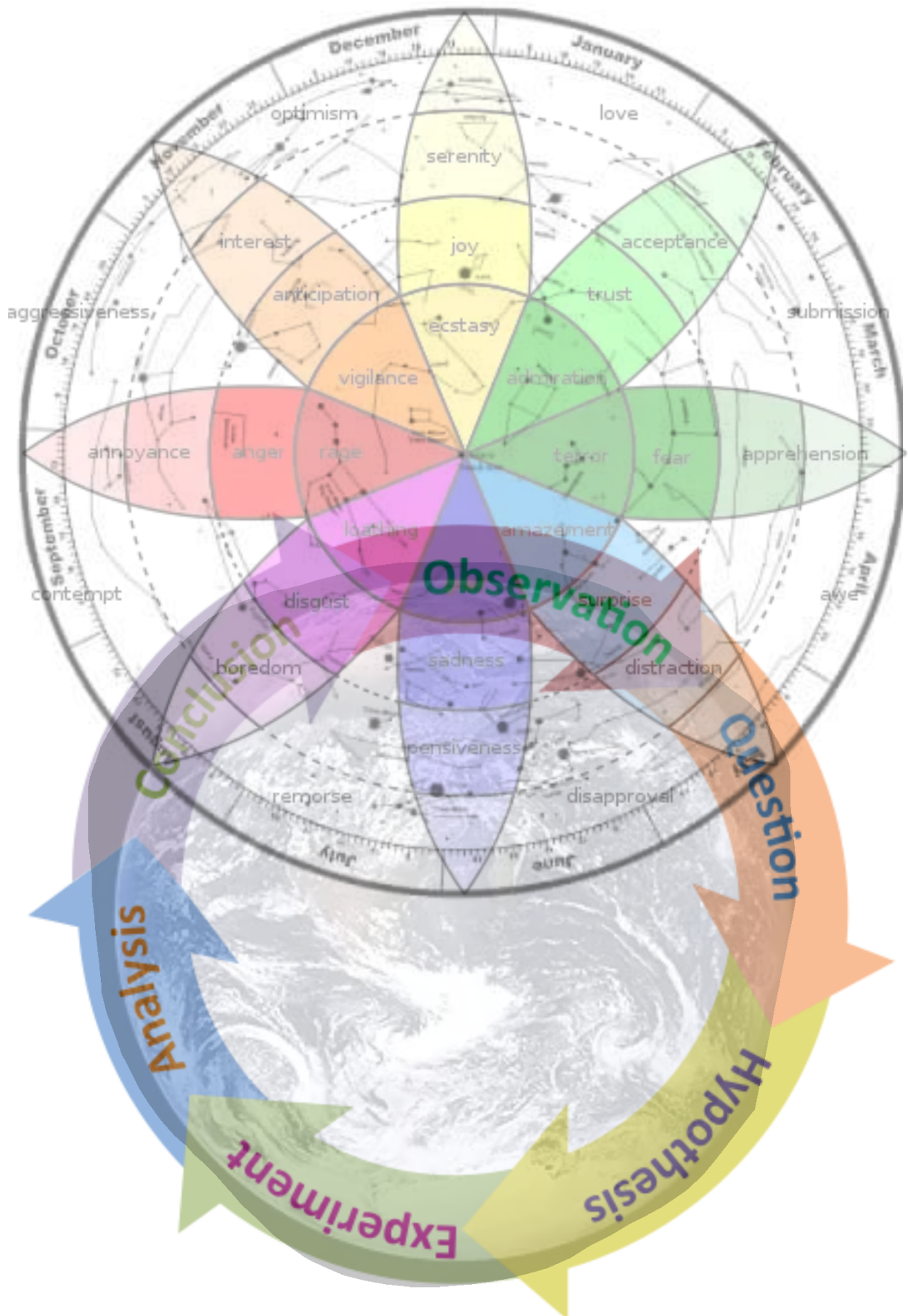


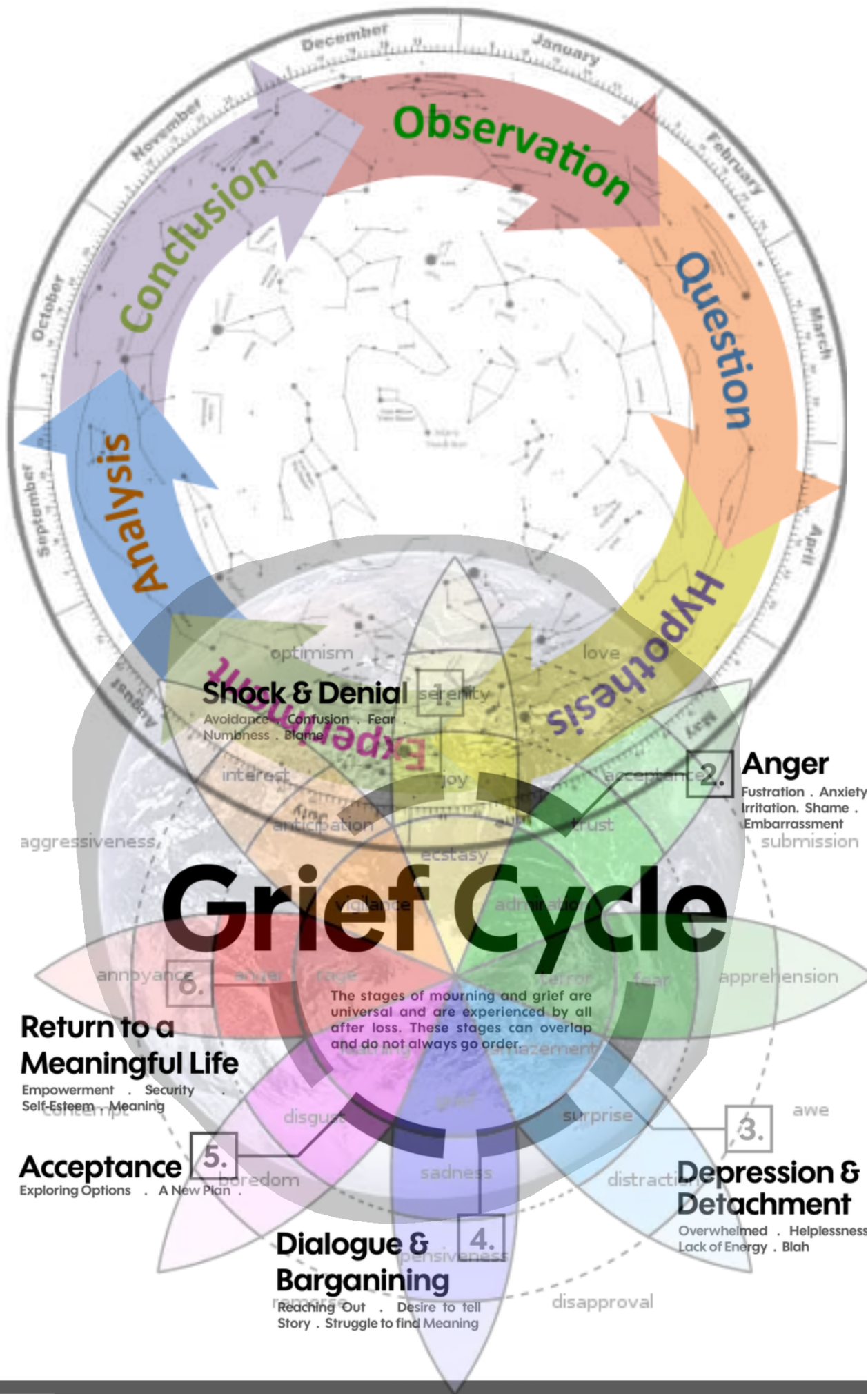
AI can
make memes
write books
fly planes
beat the world's best
chess player
the best go player
and you think you can
outsmart its ability to
completely predict,
protect or alter your
behavior..



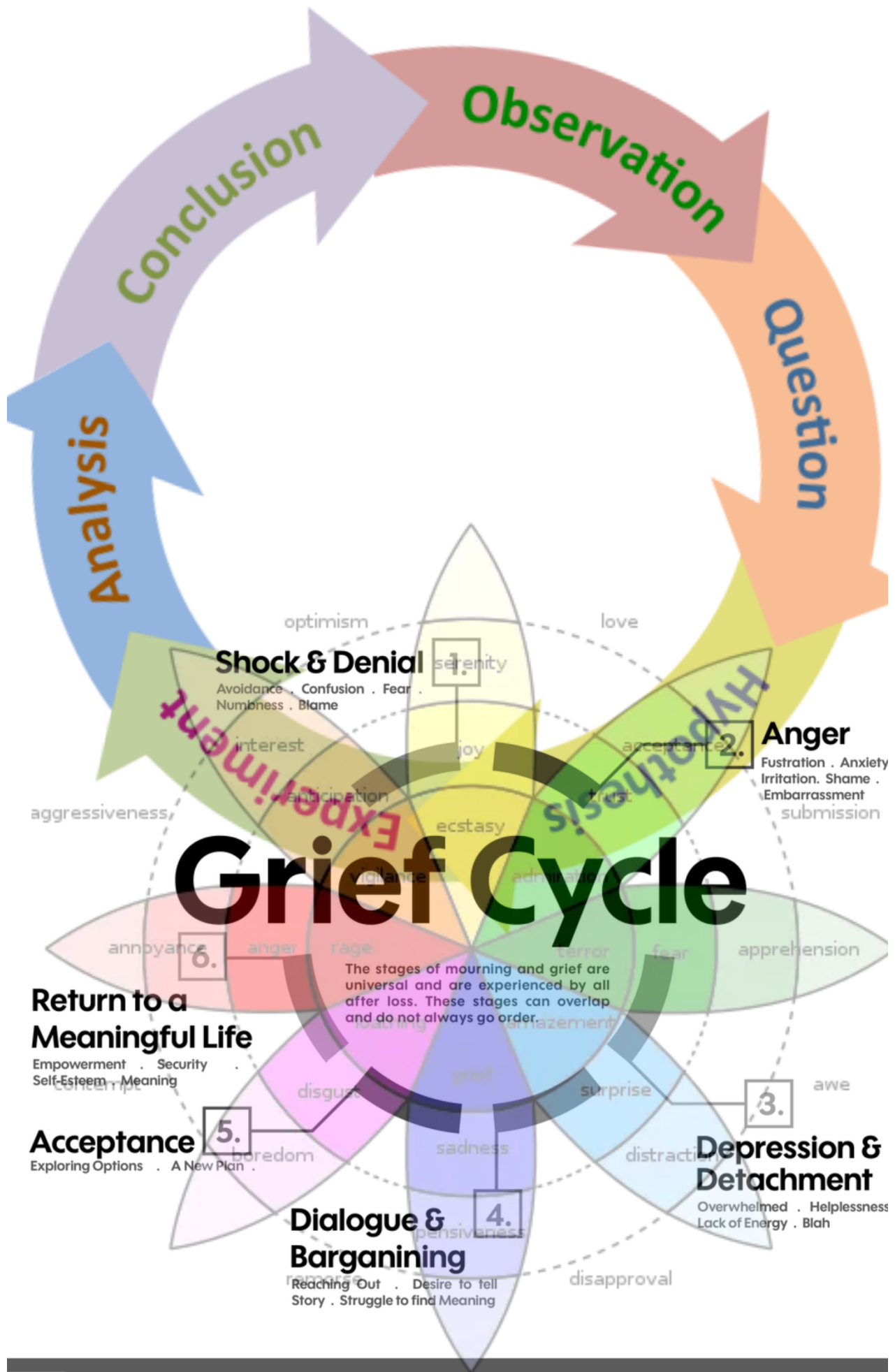




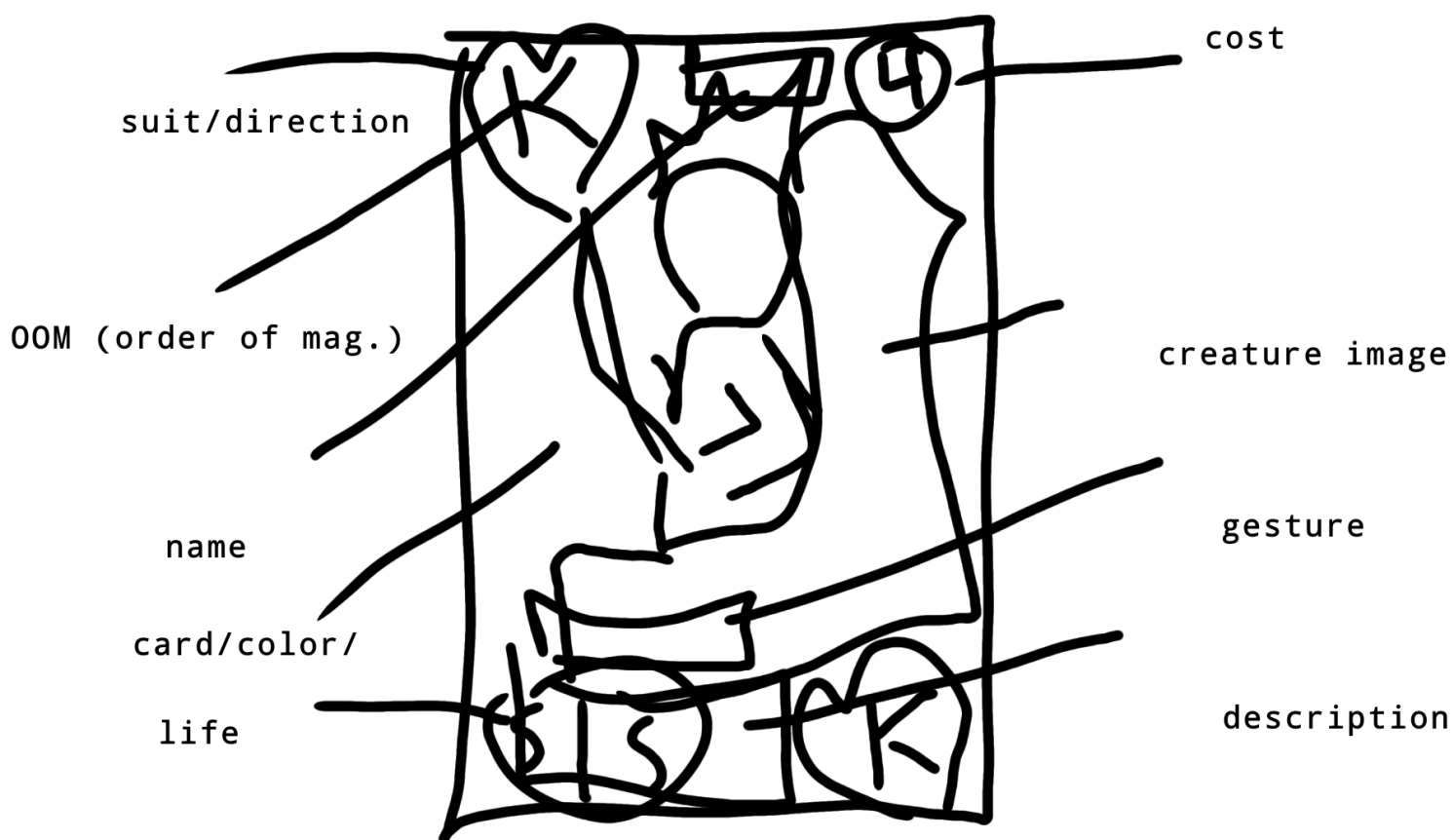


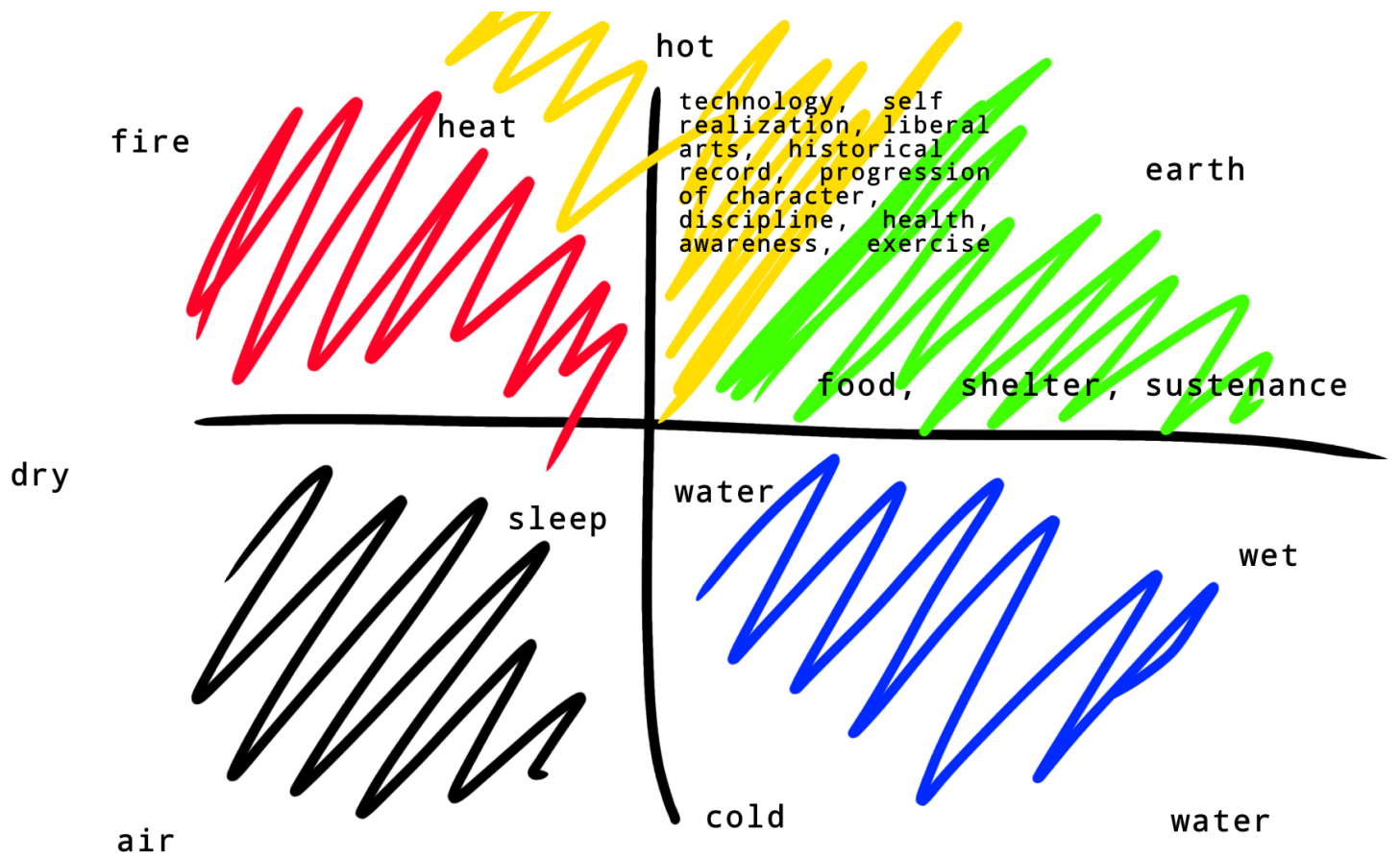


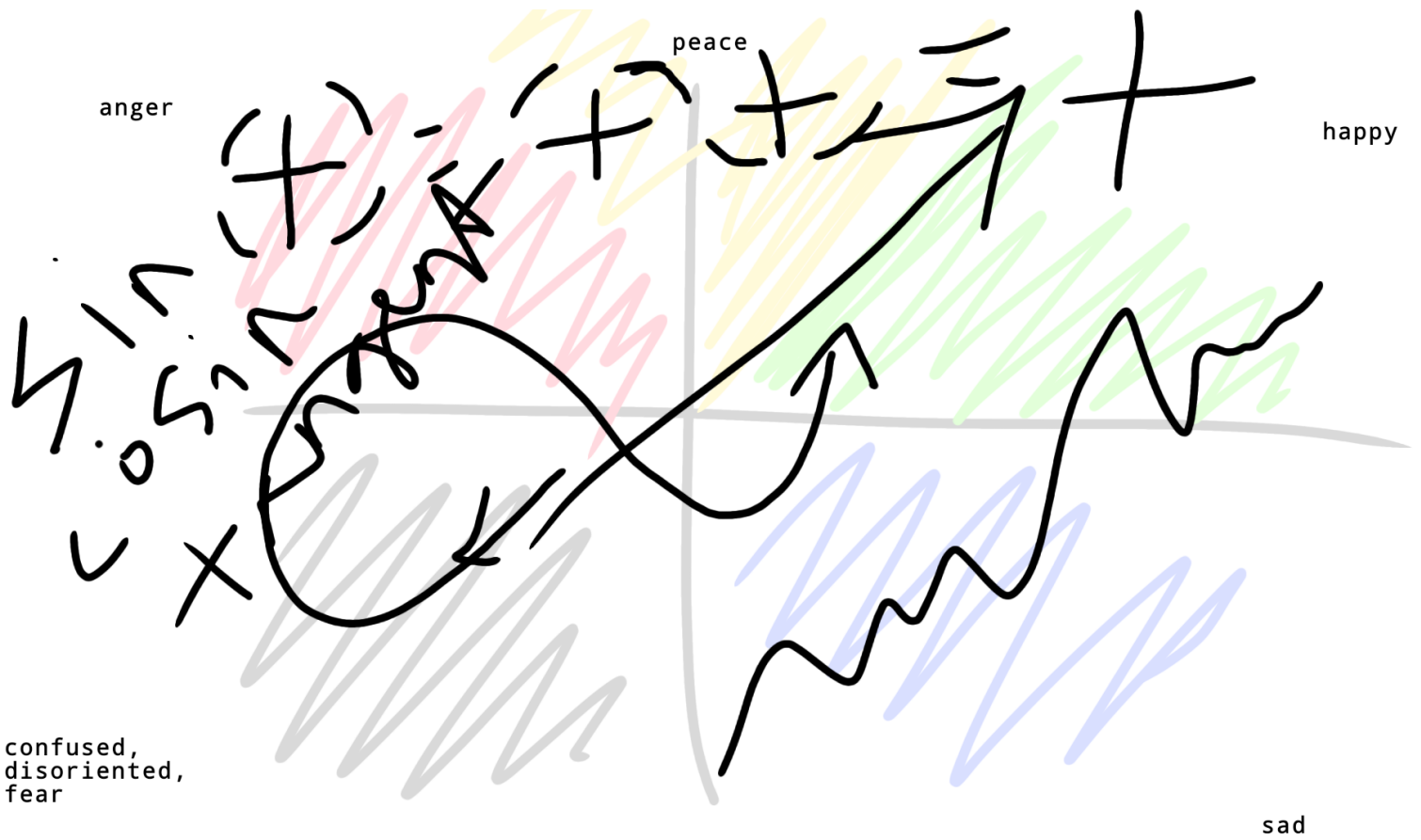
I Feel
Therefore
I Am

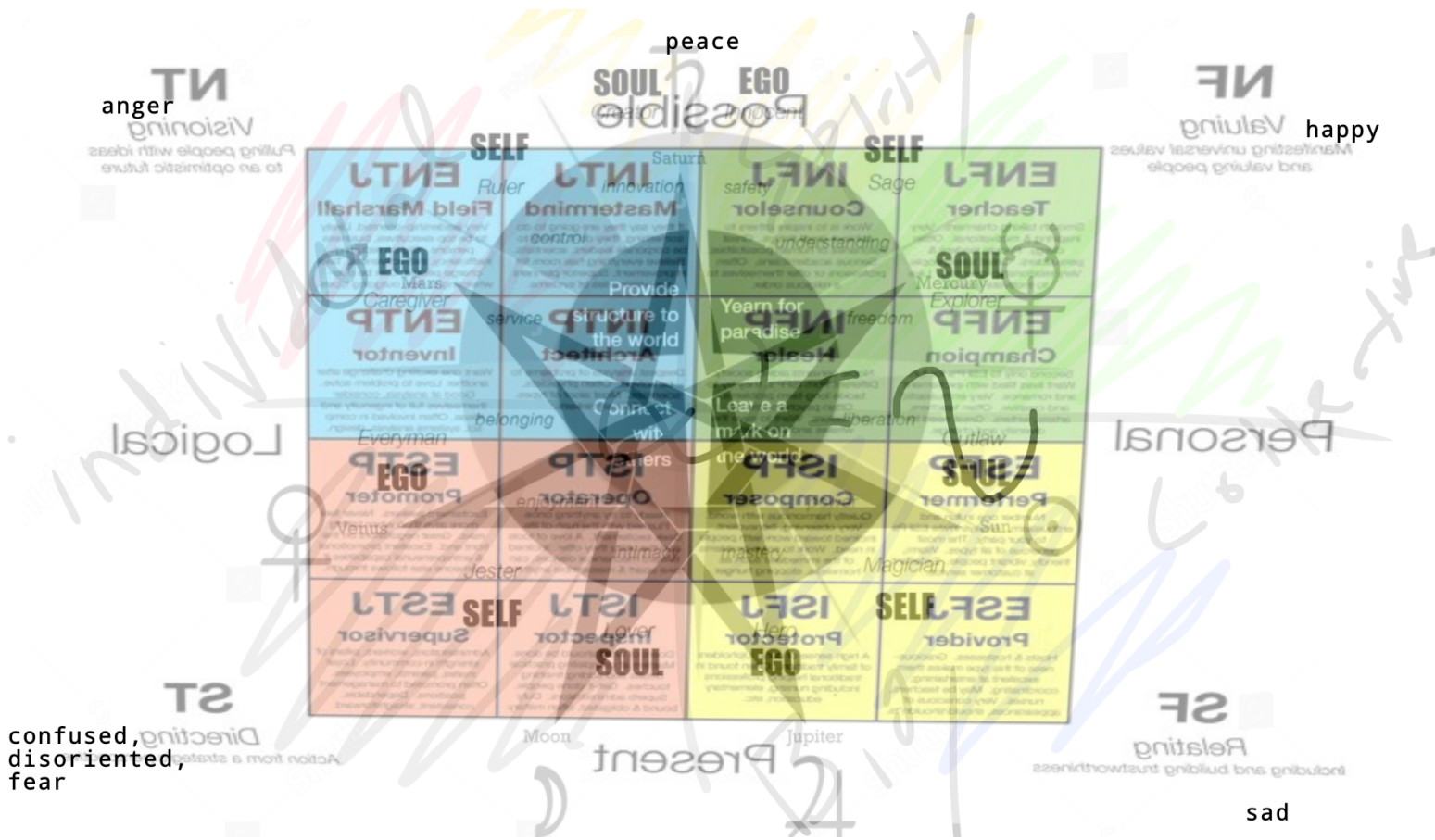


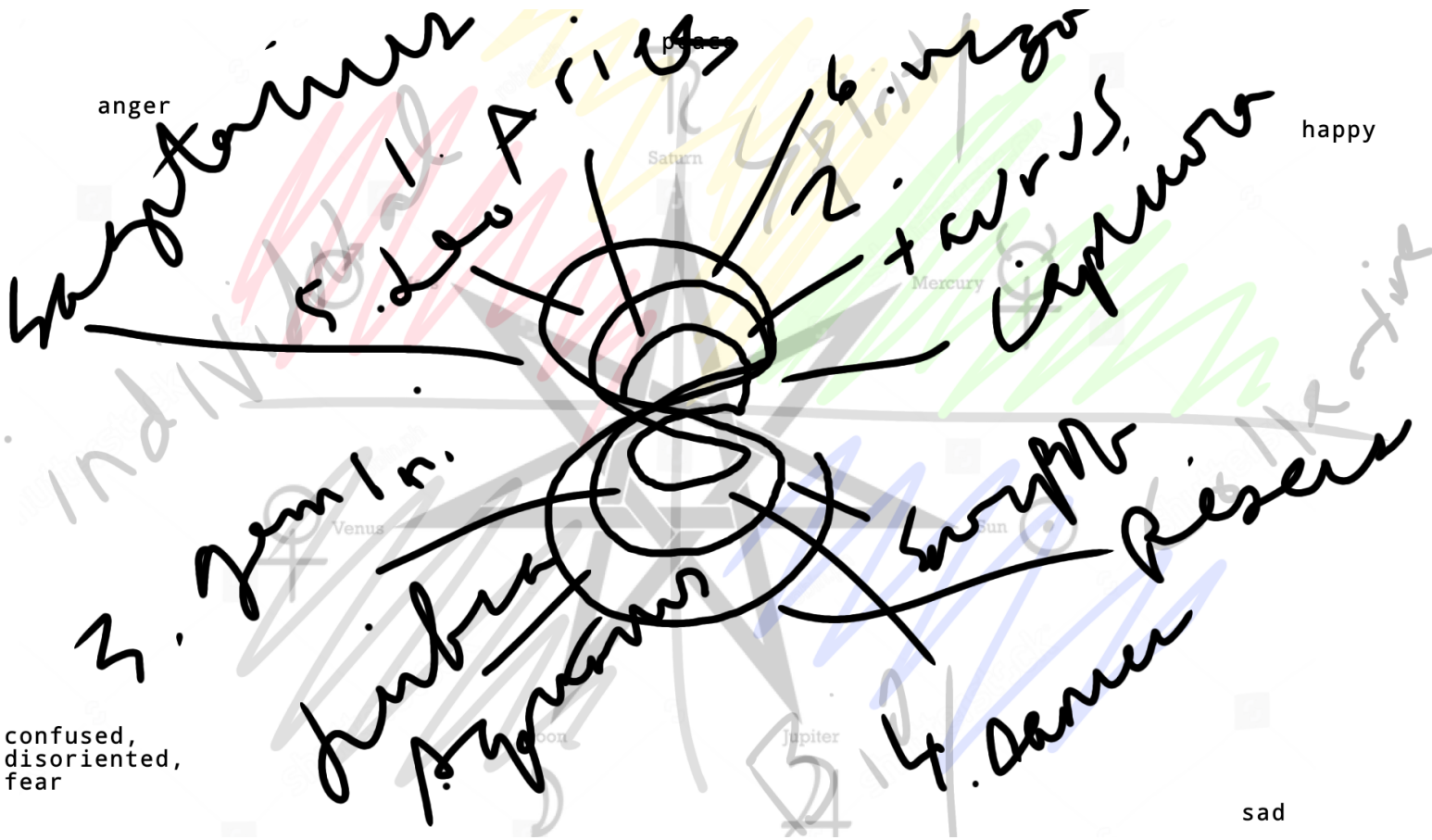
as artists, musicians, even scientists
we're always creating a cult
of personality, of tone, of growing organisms











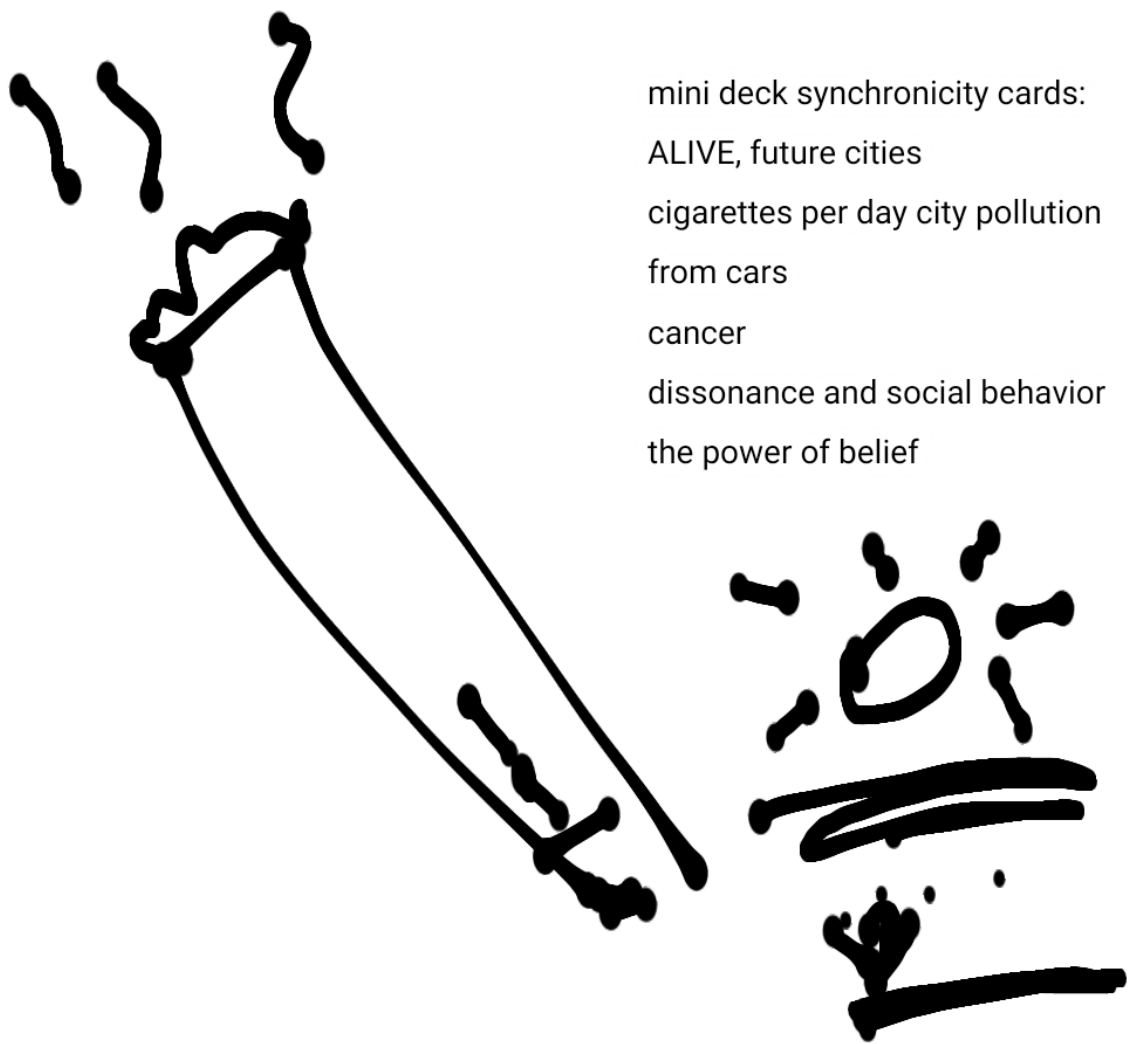
air and water pollution

particles per million

cigarettes per day

deaths per year

are cars the new tobacco?



mini deck synchronicity cards:

ALIVE, future cities

cigarettes per day city pollution

from cars

cancer

dissonance and social behavior

the power of belief

air and water pollution

particles per million

cigarettes per day

deaths per year

are cars the new tobacco?

cigarette shame, air claim, spectrum of blame

(understanding pollution to assess the extremeness
or comprehensible footprint, helping give people a
frame of reference)

KNOW YOUR RIGHTS:

+The Declaration of Independence
government power by the CONSENT of the
people.

History has shown... men are more
predisposed to suffer wrong than right the
wrongs. when a government becomes, it is
the right of the people.

+The US Constitution

THE FIRST AMENDMENT IS DISAPPEARING
(free religion, speech, press and assembly)
WHAT WOULD GEORGE WASHINGTON DO?

+Atlantic Charter, Universal Human Rights
self determination

+Rights of the Child, outdoor bill of Rights

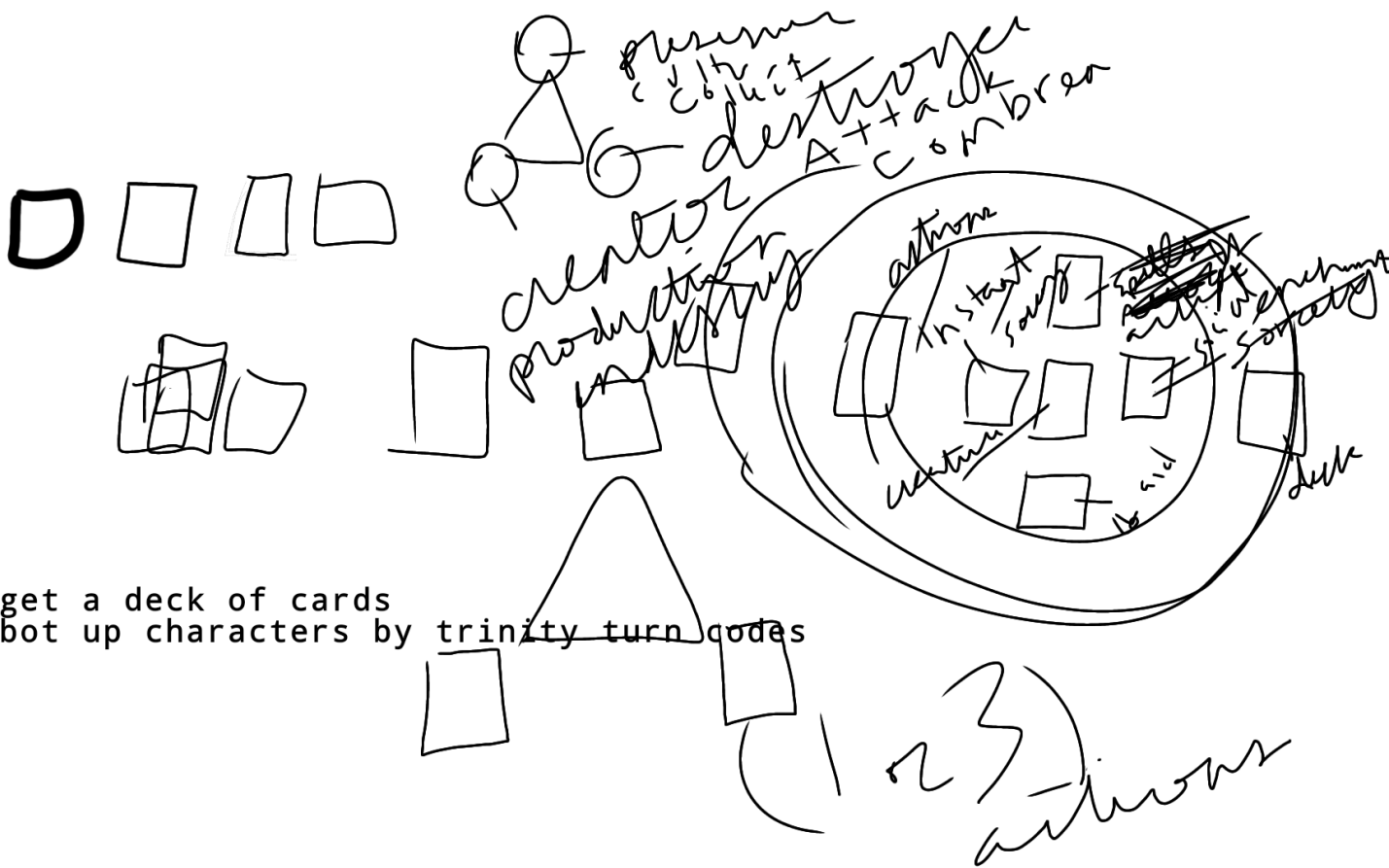
+Culture of Peace Declaration and Program
of Action

endowed with reason and conscience
a right to a job and development of
personality

+Indigenous Rights

+Rights of Mother Earth

+Conscious Business Declaration



bullet proof

too sensitive to

work with each

other for the

greater good

snowflake

it took 27 years old to
realize I am an asshole
I hate lazy fake spiritual
hobos who think they're
better than the others...
I hate people who aren't
activists or actively
promoting the better
world...

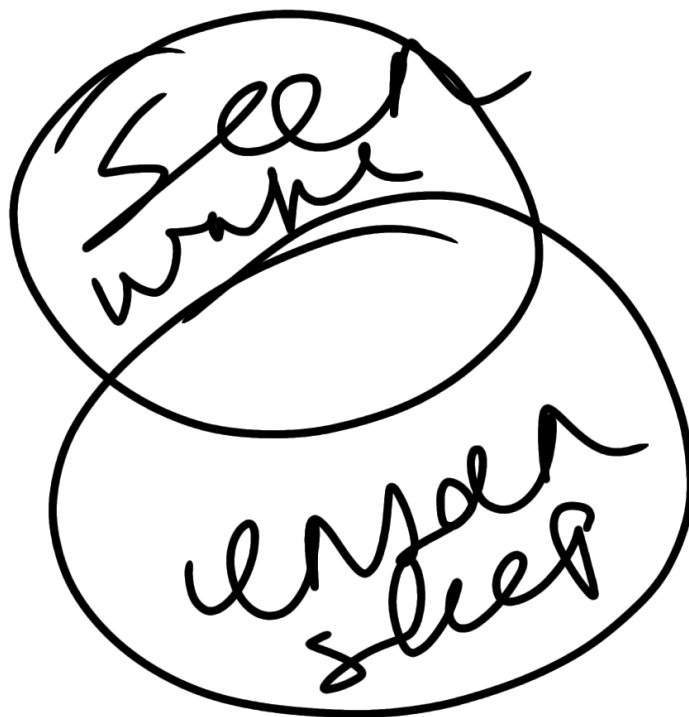
"your friends hate me
and I hate them too"
song chorus beat stuck
in head

ME WHEN I REALIZED YOU WERE EPSTEIN



**BY YOUR PARTICIPATION IN A
GLOBALIST AND SLAVE BASED
ECONOMY, A PYRAMID OF WAR
BUSINESS SCHEME THAT CREATES
THE SUPPLY AND DEMAND FOR
CHILD SEX SLAVES**

a society where everyone
participates in science,
discoveries and
technologies,
not just the elitist few



cc bridging the gap between the two, with science...

conscience culture

1 definitions

2 observations

3 questions

4 hypothesis

5 testings

6 meta analysis

model layers CATEGORIZE ALL BEHAVIORS

7 peer reviews

i

ii

iii

8 conclusions

i deficient beliefs

a suffering

b time

ii sustainable development.

iii science culture.

iv Gaia authentic movement potential and justification

8 re.vision

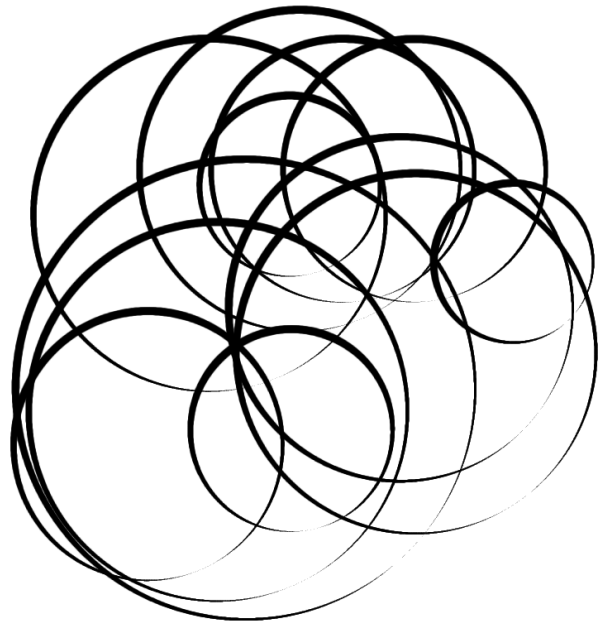
9 references

conscience culture

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 - i
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- 8 re.vision
- 9 references

conscience culture

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justification
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9 references



Vent	<u>FIRE</u>	<u>SUB-A4</u>	electro
	press	weak	strong

Attention	EMOTIONS	VALENCE
Control		
Hunger	<u>+ HUMORS</u>	
Satiation		

+ Stilted speech + Pent

+ 7 Stages

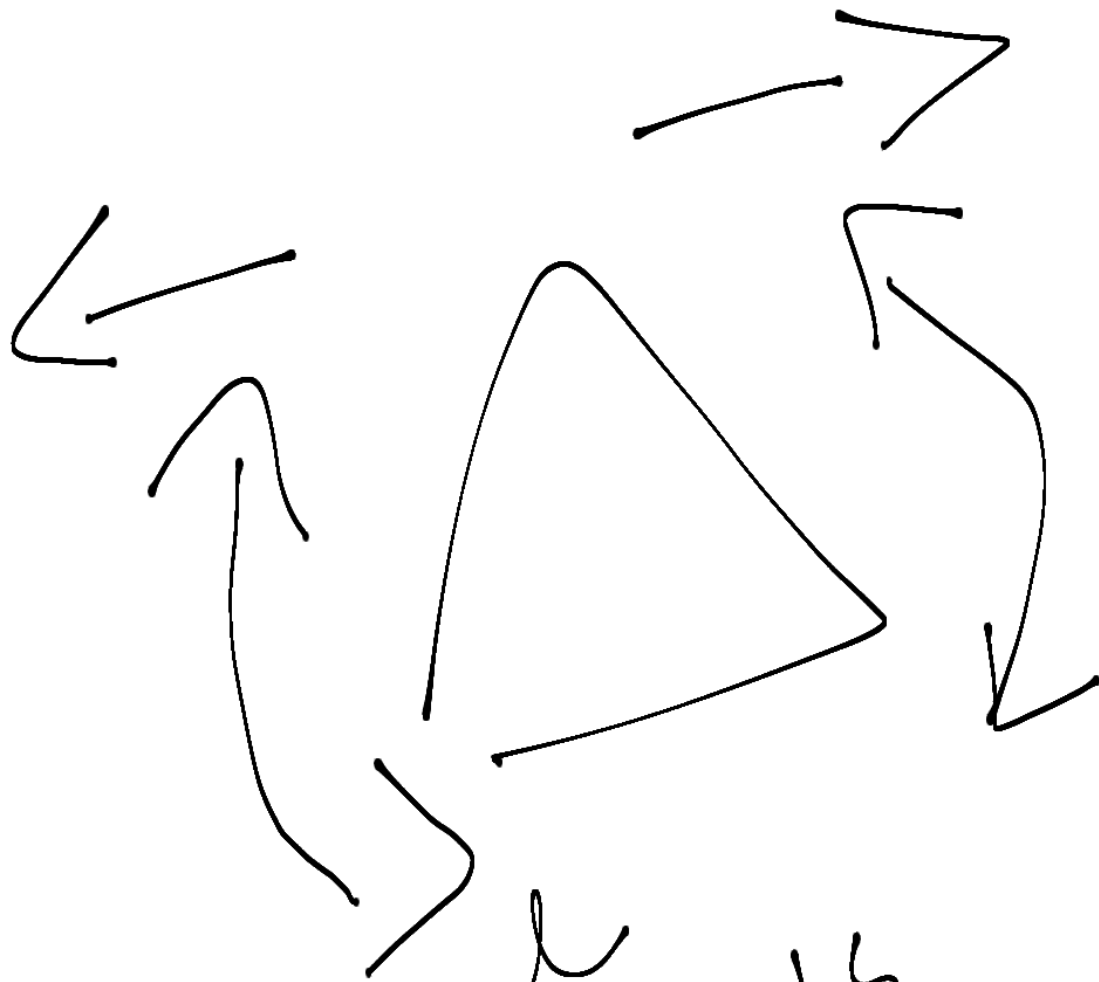
+ 5 Stages

community liberal

individual

collective

authoritarian



Behavioral
Chain R/N's
Antecedent
Behavior
Consequence

SINCE

ON 18/12/24

1965

AN

✓

LIST

GO

TECHNO.

○

○

○

○

a. needs

b. beliefs

c. technology

1. language (individual)

2. family (micro)

3. education (meso)

4. politics (exo)

5. economics (macro)

6. geography (metasystematic)

7. cultural expression (chronic)

Get started

Open in app

known as the human condition.

There are 10 basic elements of every culture: geography, language, family, F.C.T.S (food, clothing, transport, shelter), economics, education, politics, technology, VBR (values, beliefs, rituals), and cultural expression.

collective
ian

a. needs

b. beliefs

c. technology

1. language (individual)

2. family (micro)

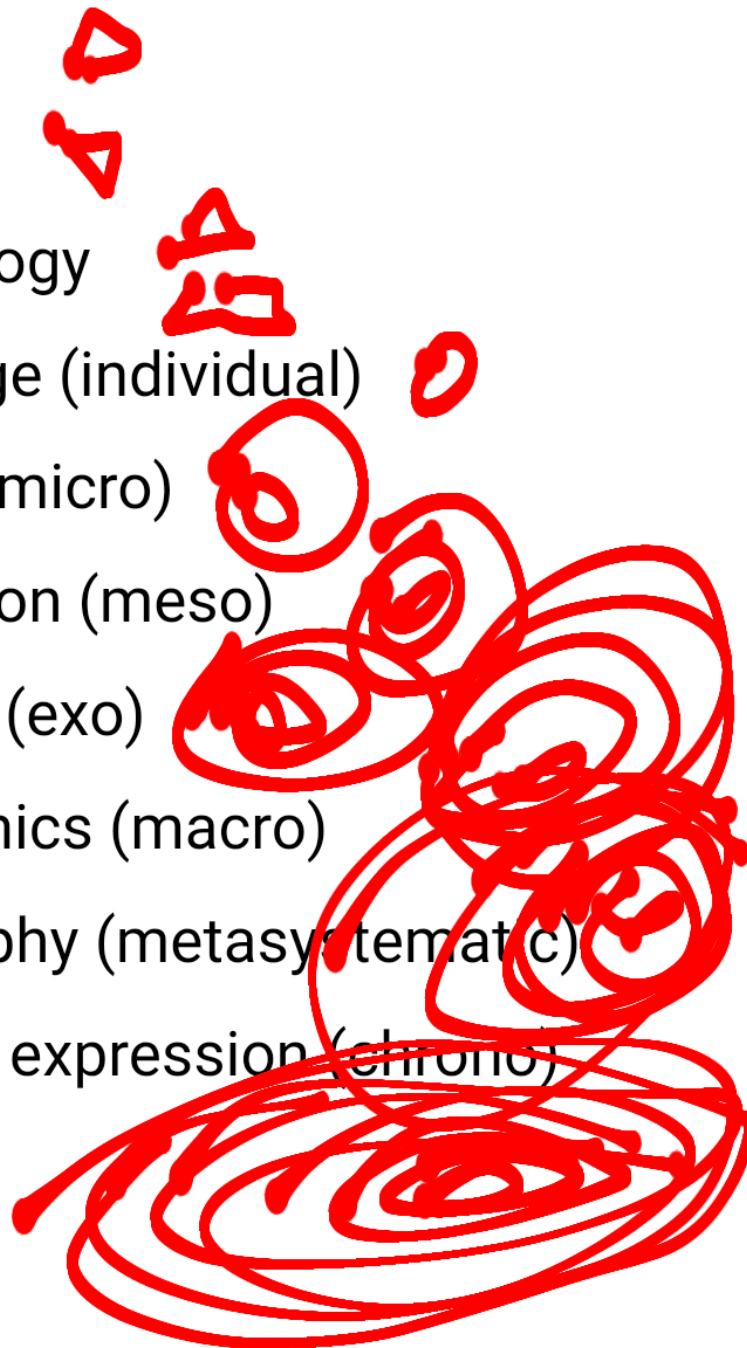
3. education (meso)

4. politics (exo)

5. economics (macro)

6. geography (metasystematic)

7. cultural expression (chronic)



a. needs

b. beliefs

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4. politics (exo)

5. economics (macro)

6. geography (metasystematic)

7. cultural expression (chrono)

card types:

1 land

2 artifact

3 creature

4 enchantment

5 planeswalker

6 instant

7 sorcery

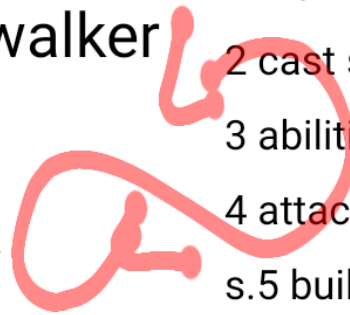
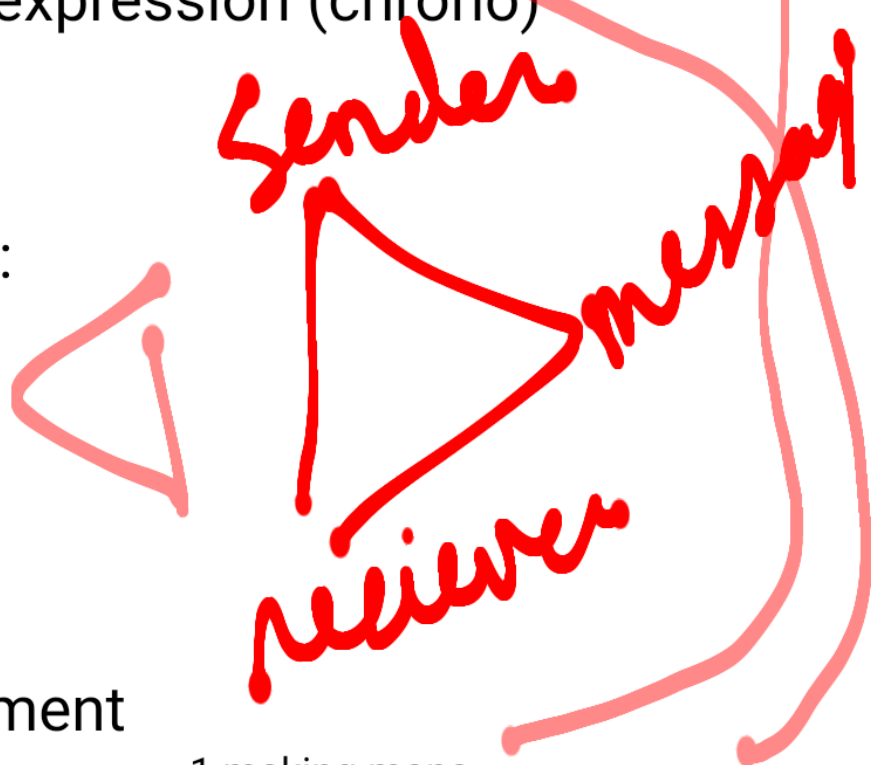
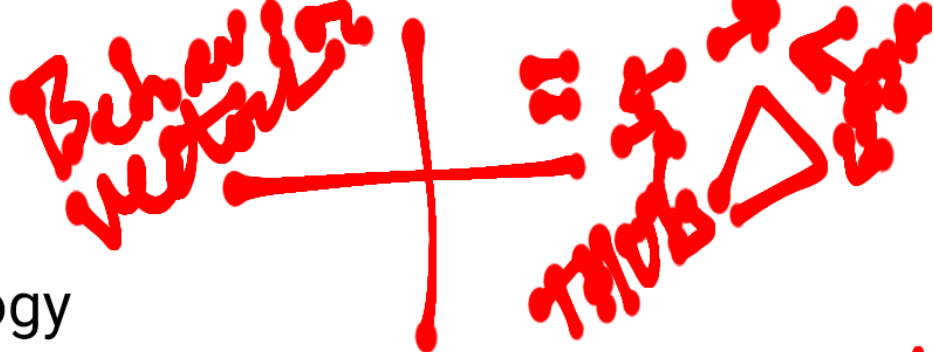
1 making mana

2 cast spell, responding and resolving

3 abilities- static, triggered and activated

4 attacking and blocking

s.5 building?



a. needs

b. beliefs

c. technology

1. language (individual)

2. family (micro)

3. education (meso)

4. politics (exo)

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6. geography (metasystematic)

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card types:

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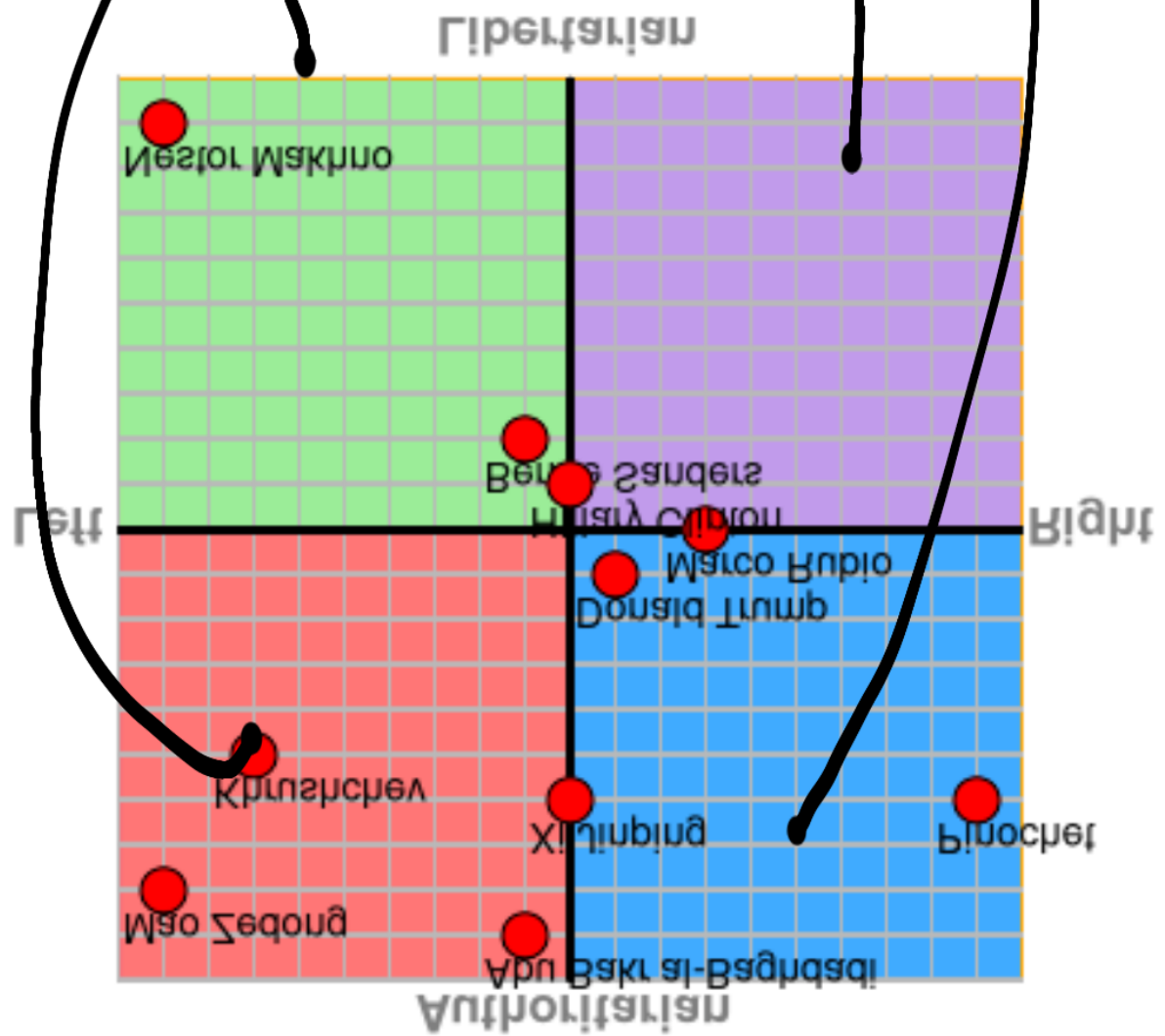
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GLOBALIST AND SLAVE BASED
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BUSINESS SCHEME THAT CREATES
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CHILD SEX SLAVES**

pseudo mutuality

pseudo hostility

schism

skew

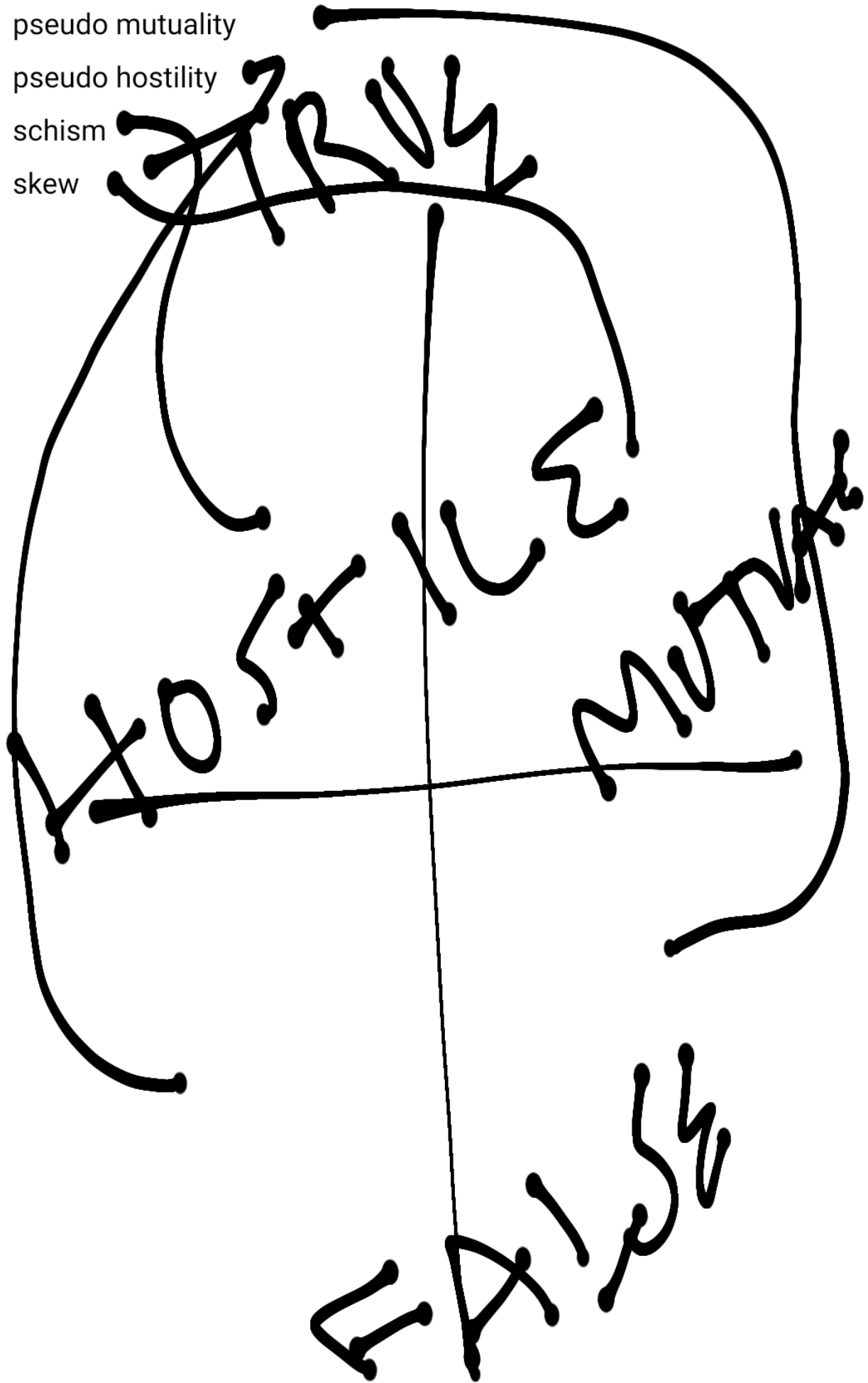


pseudo mutuality

pseudo hostility

schism

skew



pseudo mutuality

pseudo hostility

schism

skew

AD's :

Reverend

Classical
& Operant Conditioning

N.G.O. Point

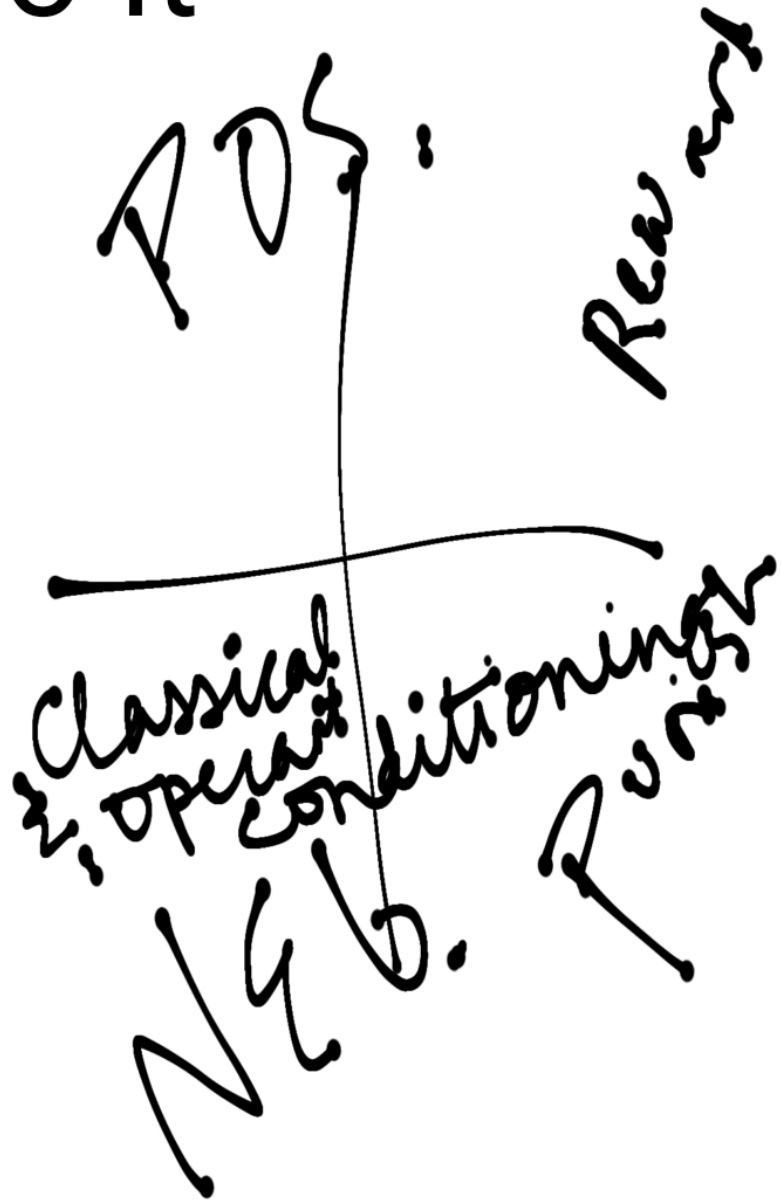
"I must do it, but I can't do it"

pseudo mutuality

pseudo hostility

schism

skew



Thus, the essence of a double bind is two conflicting demands, each on a different logical level, neither of which can be ignored or escaped. This leaves the subject torn both ways, so that whichever demand they try to meet, the other demand cannot be met. "I must do it, but I can't do it" is a typical description of the double-bind experience.

"I must do it, but I

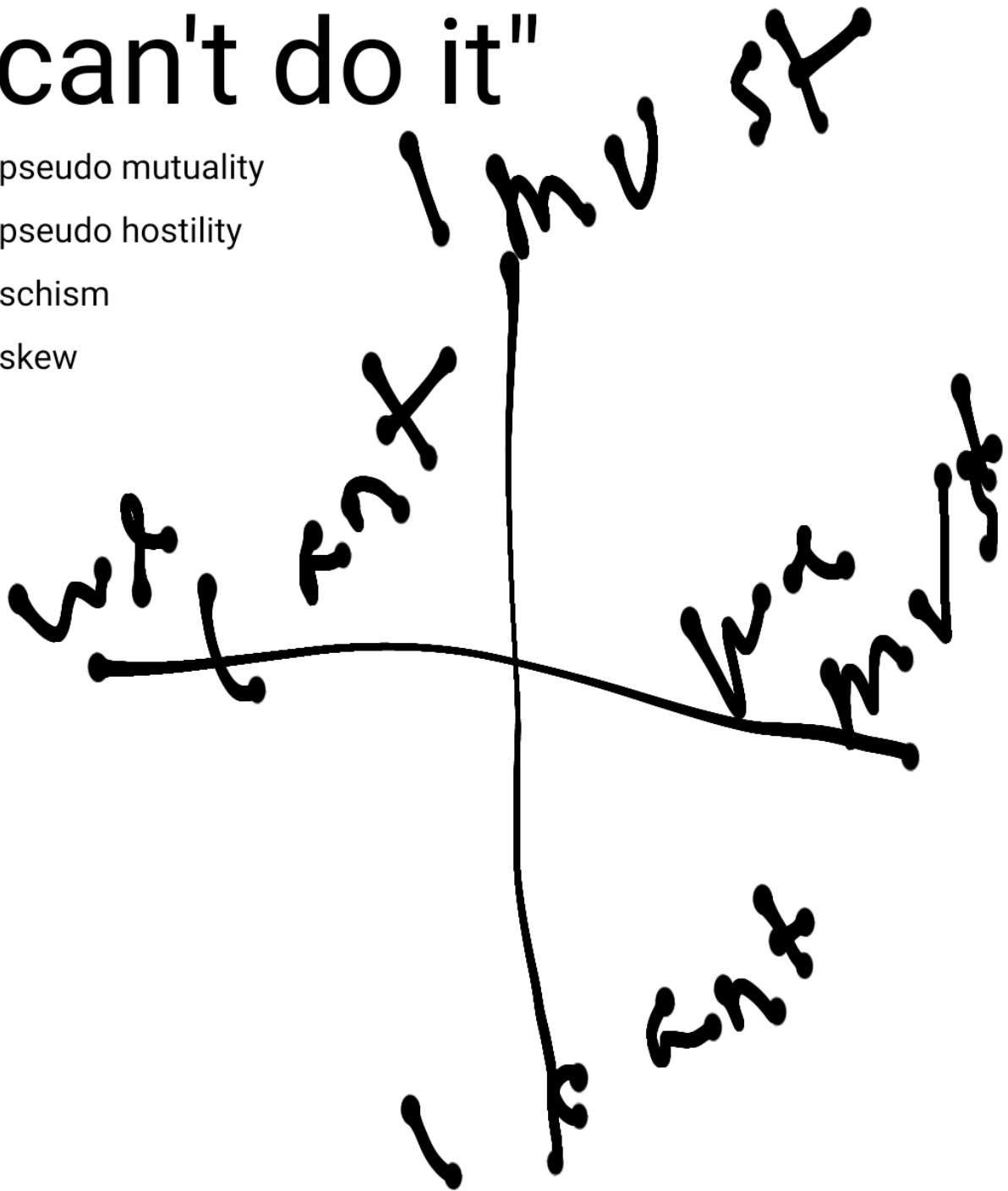
can't do it"

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"I must do it, but I

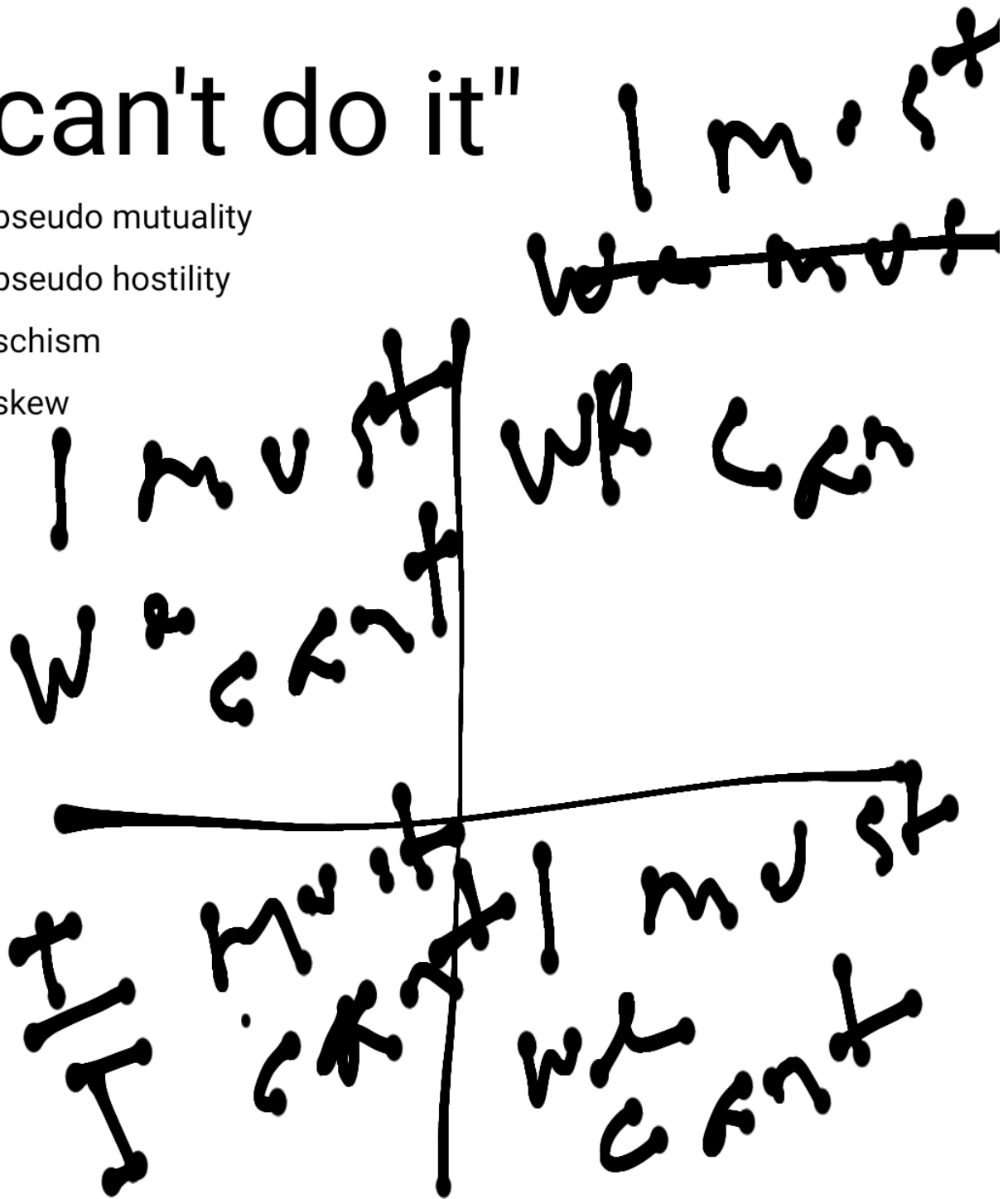
can't do it"

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Thus, the essence of a double bind is two conflicting demands, each on a different logical level, neither of which can be ignored or escaped. This leaves the subject torn both ways, so that whichever demand they try to meet, the other demand cannot be met. "I must do it, but I can't do it" is a typical description of the double-bind experience.

MAD

mutually assured destruction

no-win situation (aka lose-lose)

double bind

cognitive dissonance

"I must develop nuclear weapons to protect myself but I can't
protect myself from the fallout"



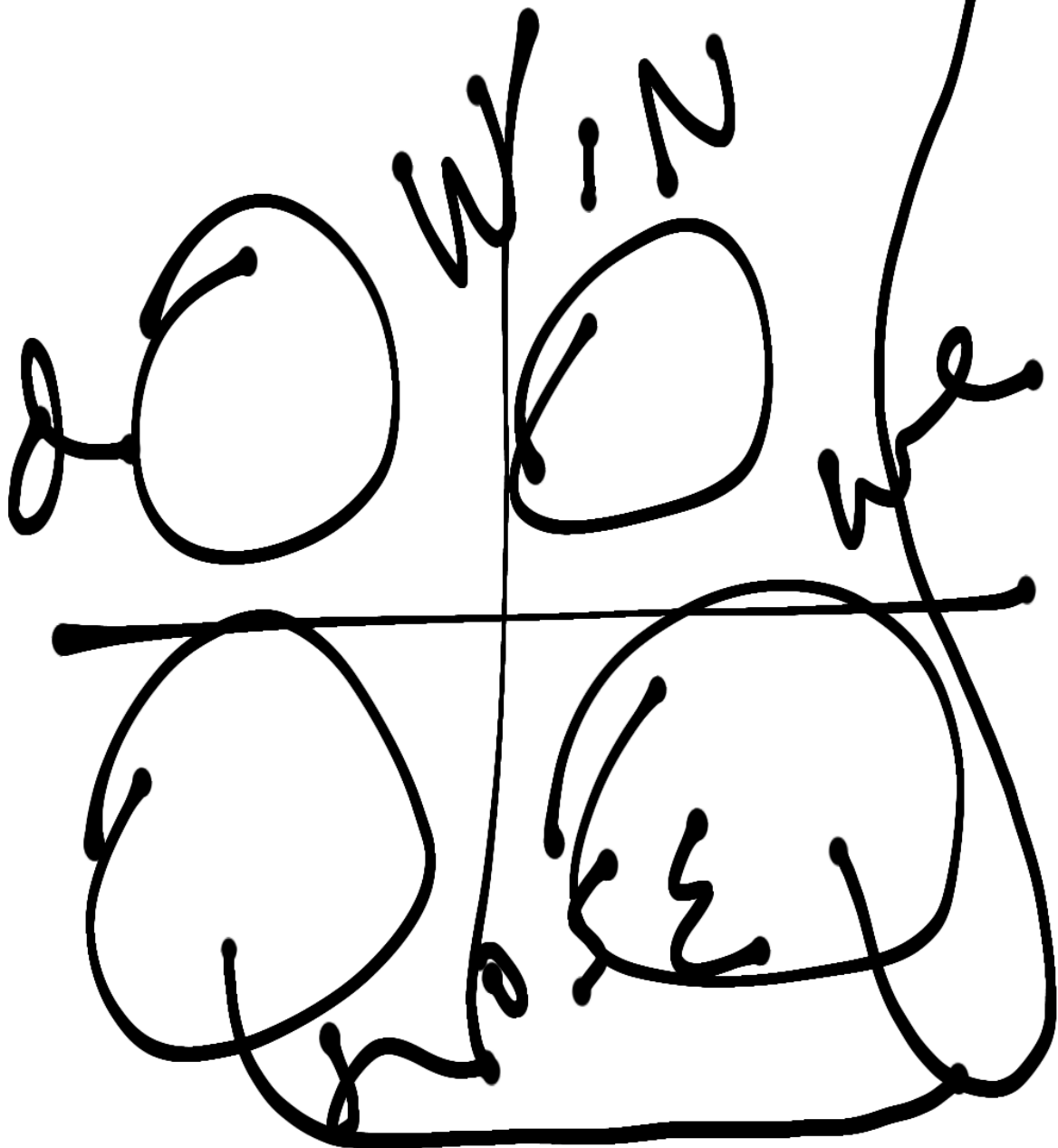
MAD

mutually assured destruction

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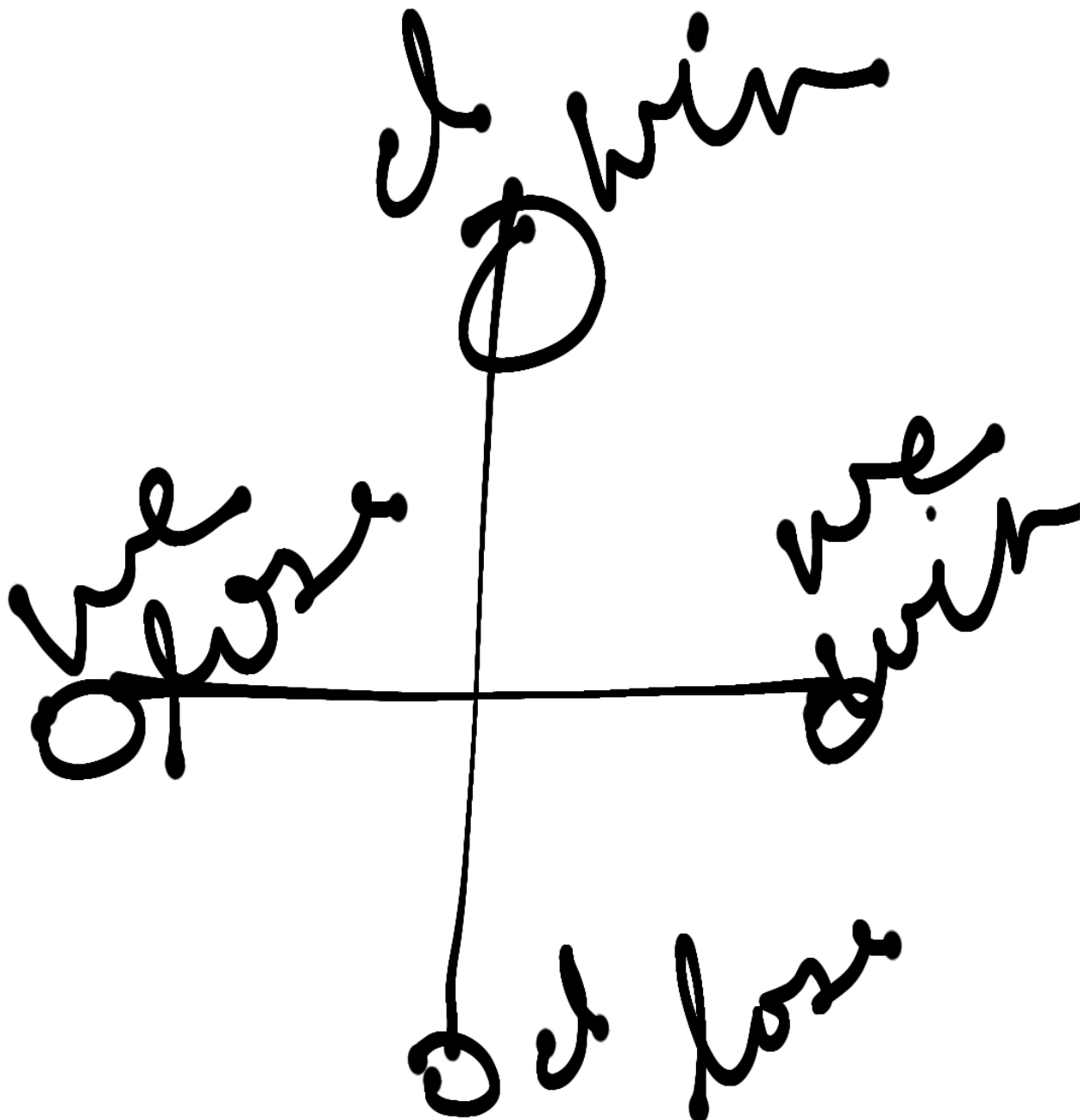
MAD

mutually assured destruction

no-win situation (aka lose-lose)

double bind

cognitive dissonance



polarities: positive, negative

modalities:

cardinal (Action, dynamic, initiative,
great force),

Fixed Resistance to change, great
willpower, inflexible),

Mutable (Adaptability, flexibility,
resourcefulness)

elements:

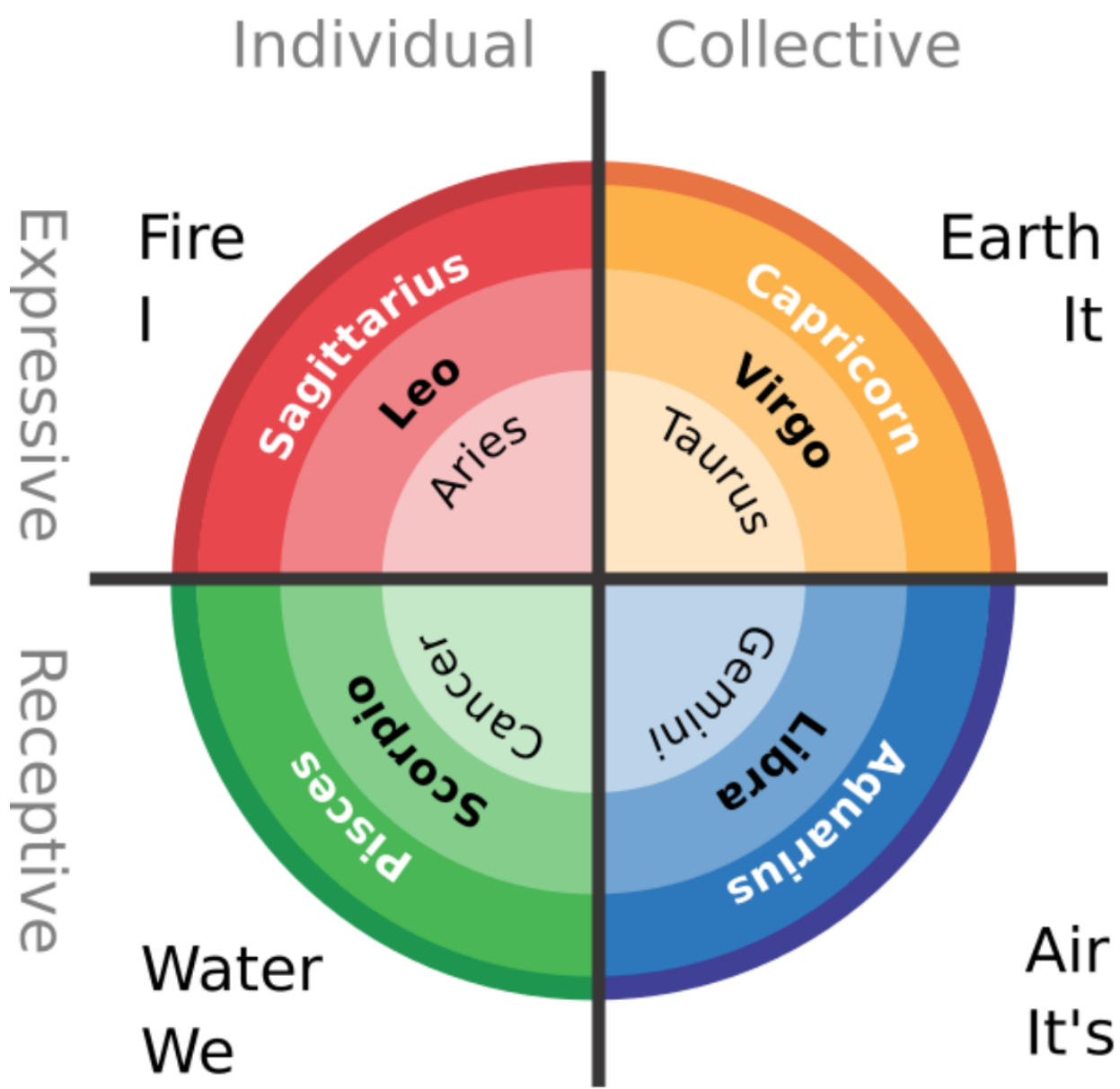
Air (Communication, socialization,
conceptualization),

Fire (Assertion, drive, willpower),

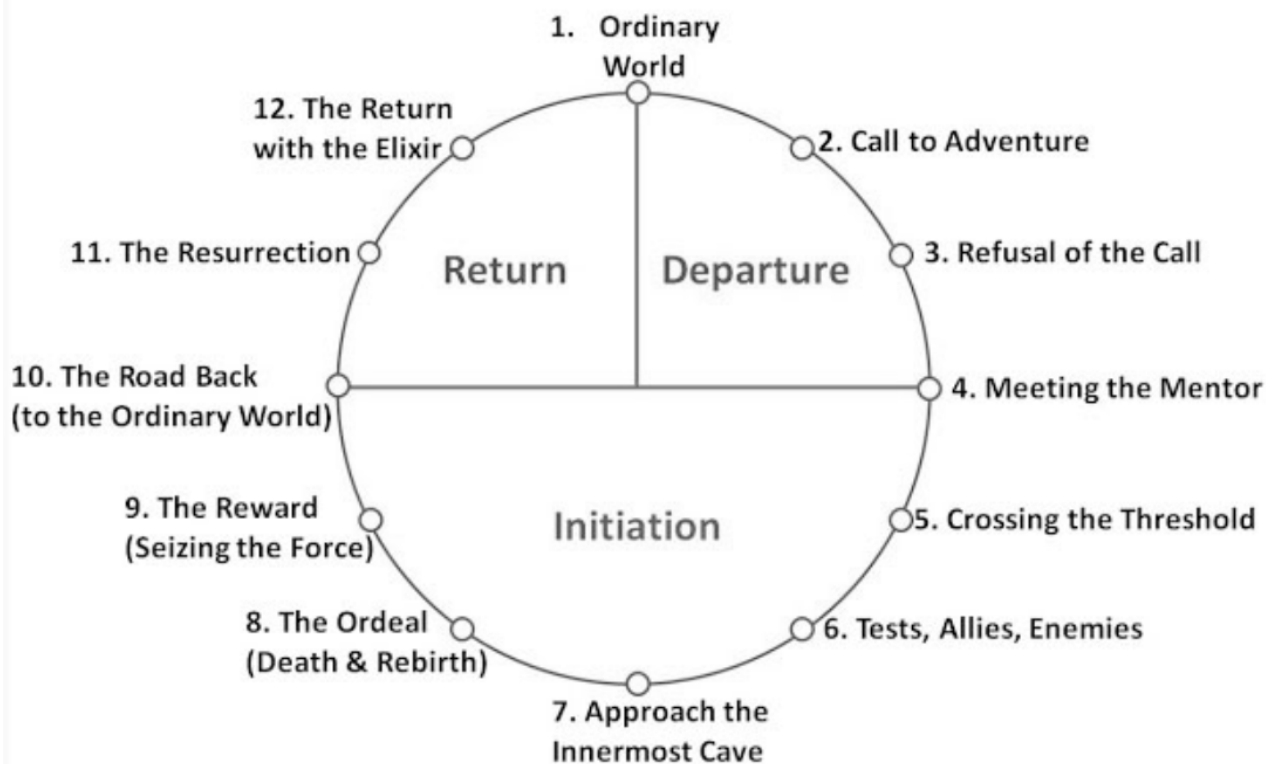
Water (Emotion, empathy,
sensitivity),

Earth (Practicality, caution, material
world)

VOLITION
HUNGER



THE HERO'S JOURNEY



THE SEVEN STAGES OF

Alchemical *Transformation*

1



01 —

Calcination

CHEMICAL

Heating a substance over a flame until it turns to ashes.

PSYCHOLOGICAL

Breaking down the ego and attachment to the worldly.

2



02 —

Dissolution

CHEMICAL

Dissolving ashes of substances into water.

PSYCHOLOGICAL

Immersion into the unconscious. Conscious mind releases control, leading to a resurfacing of parts of ourselves that were hidden.

3



03 —

Separation

CHEMICAL

Isolating and filtering the products of dissolution.

PSYCHOLOGICAL

Review resurfaced material and decide what to separate or integrate. What parts of our shadows can we learn from, and what hinders us?

4



04 —

Conjunction

CHEMICAL

Form a new substance from the separated elements we choose to keep.

PSYCHOLOGICAL

Merging of the conscious and the unconscious aspects of the self to a single essence. The union of dualities allows for the true self to emerge.

5



05 —

Fermentation

CHEMICAL

Induce chemical breakdown of substance with bacteria or other micro-organisms.

PSYCHOLOGICAL

Initiation of spiritual awakening through testing the strength of the solution. To first create wine, grapes must rot. Suffering breeds resilience.

6



06 —

Distillation

CHEMICAL

Boil and condense solution to increase purity.

PSYCHOLOGICAL

Purification of the spirit - where we make sure the ego no longer controls us, giving us ability to appreciate the beauty of the collective self.

7



07 —

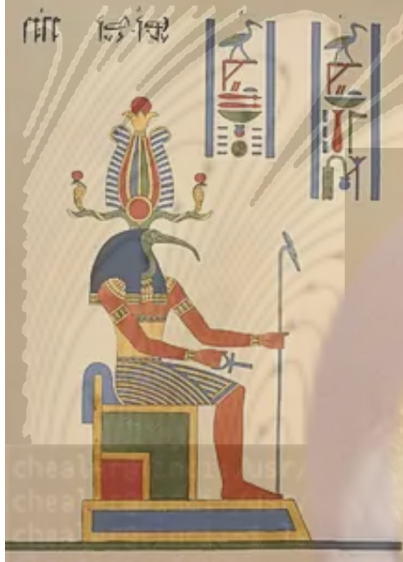
Coagulation

CHEMICAL

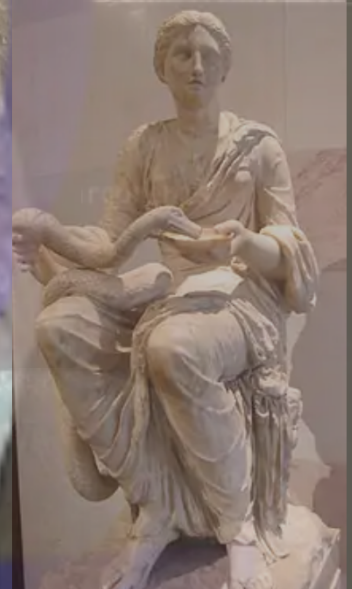
Transformation to a solid state.

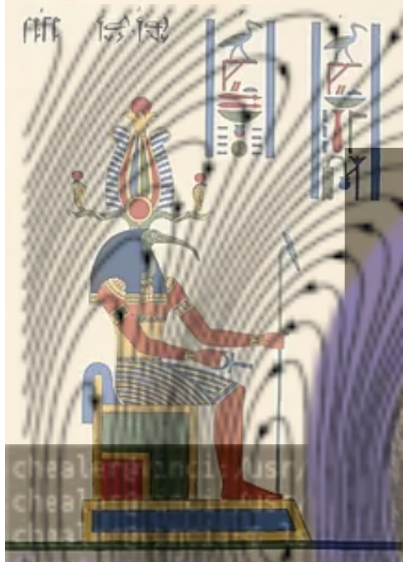
PSYCHOLOGICAL

The union of matter and spirit that allows us to perceive the world without dualities, and to perceive life on all levels of consciousness. Similar to the state of Nirvana. The supposed end result is the famed Philosopher's Stone.

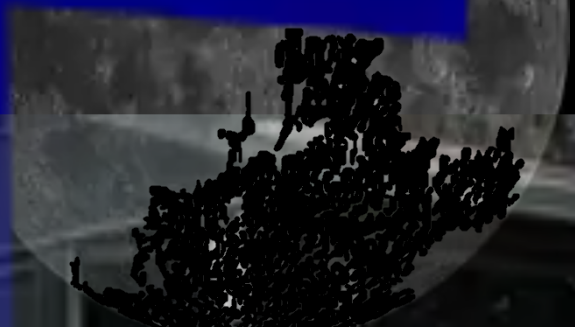
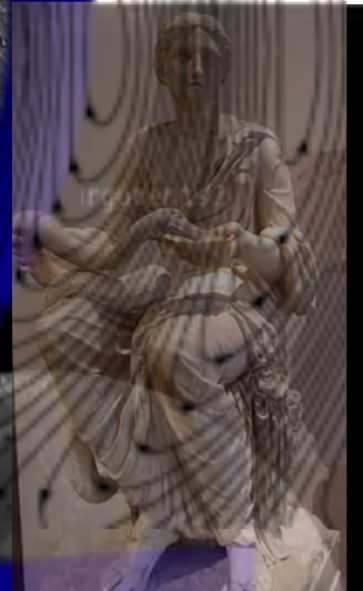
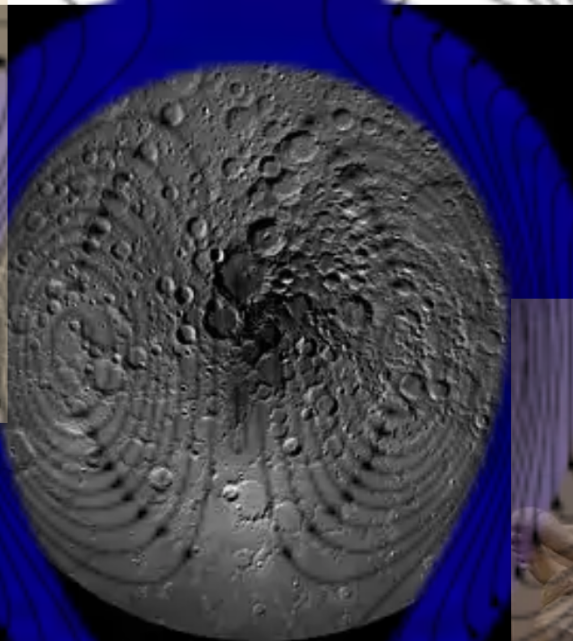


```
Cloutier IdO  
Desktop: Mea image  
chealer@vinci:~$ #why  
chealer@vinci:~$ which  
/bin/ls  
chealer@vinci:~$ $(l  
$(which ls)  
Cloutier IdO
```





```
Cloutier Ido
Desktop Mes images
chealer@vinci:~$ #why
chealer@vinci:~$ which
/bin/ls
chealer@vinci:~$ $(!!
$(which ls)
Cloutier Ido
```



```
sh-3.1$ /bin/kill 6> killerror # coll
llerror
sh-3.1$ wc -l 1$
wc -l killerror
7 killerror
sh-3.1$ type kill # k
kill is a shell built
sh-3.1$ !$ -n 9 $$ #
kill -n 9 $$ # OK: k1
killed
chealer@vinci:~$
```



THE
FUTURE
IS
HAPPY

synchronicity

or

conspiracy

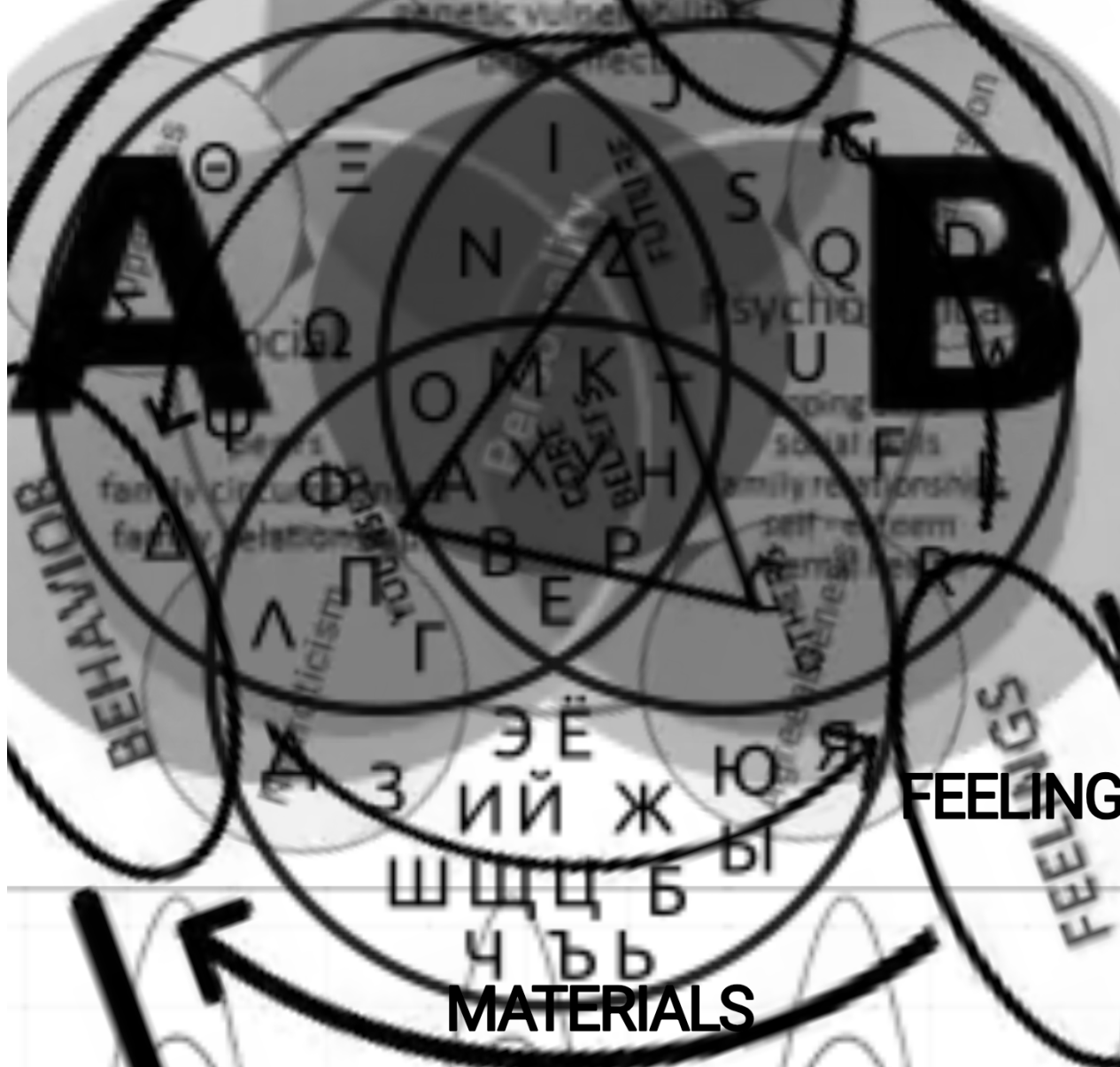
bulletproof snowflake



THOUGHTS/THINKING



PASSIONS



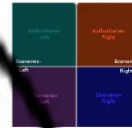
FEELING

MATERIALS



maternity after gestation





PASSIONS



pervasiveness

personalization

permanence

silk

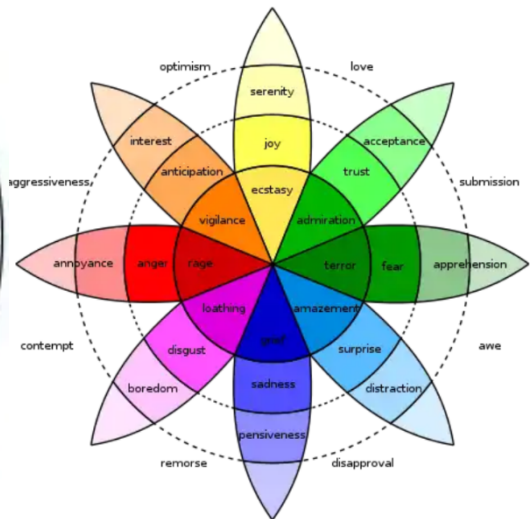
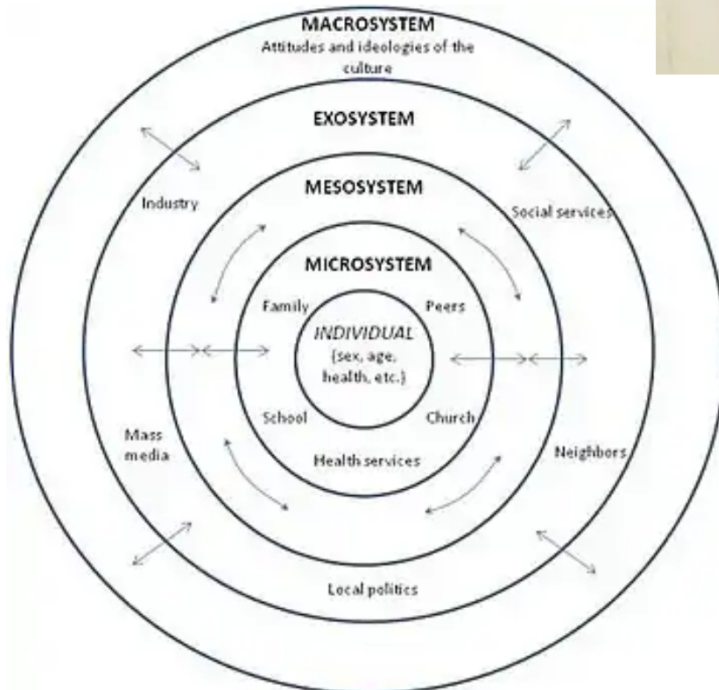
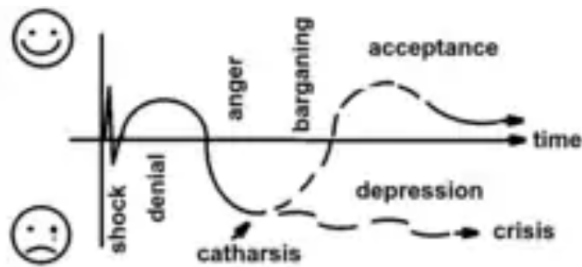
other hand



pervasiveness

personalization

permanence



What's Your Personality Type?

Use the questions on the outside of the chart to determine the four letters of your Myers-Briggs type. For each pair of letters, choose the side that seems most natural to you, even if you don't agree with every description.

1. Are you substantially or mostly focused on you?

- I prefer to work alone and on my own.
- I prefer to work with others and on a team.
- I prefer to work with others and on a team.
- I prefer to work with others and on a team.

These you prefer
E
Extroversion

These you prefer
I
Introversion

2. How do you prefer to take in information? If you

- I prefer to use my senses and what I see and hear.
- I prefer to use my imagination and what I feel and think.
- I prefer to use my imagination and what I feel and think.
- I prefer to use my imagination and what I feel and think.

These you prefer
S
Sensing

These you prefer
N
Intuition



3. How do you prefer to make decisions? If you

- I prefer to use logic and objective criteria.
- I prefer to use feelings and subjective criteria.
- I prefer to use feelings and subjective criteria.
- I prefer to use feelings and subjective criteria.

These you prefer
T
Thinking

These you prefer
F
Feeling

4. How do you prefer to live your life? If you

- I prefer to live a planned and organized life.
- I prefer to live a spontaneous and unstructured life.
- I prefer to live a spontaneous and unstructured life.
- I prefer to live a spontaneous and unstructured life.

These you prefer
J
Judging

These you prefer
P
Perceiving



(chain)
(re)
Action



(chain)
(re)
Action

16FT SPEAK

A taboo is an implicit prohibition on something (usually against an utterance or behavior) based on a cultural sense that it is excessively repulsive or, perhaps, too sacred for ordinary people. Such prohibitions are present in virtually all societies. On a comparative basis, taboos, for example related to food items, seem to make no sense at all, as what may be declared unfit for one group by custom or religion may be perfectly acceptable to another.

TABOO

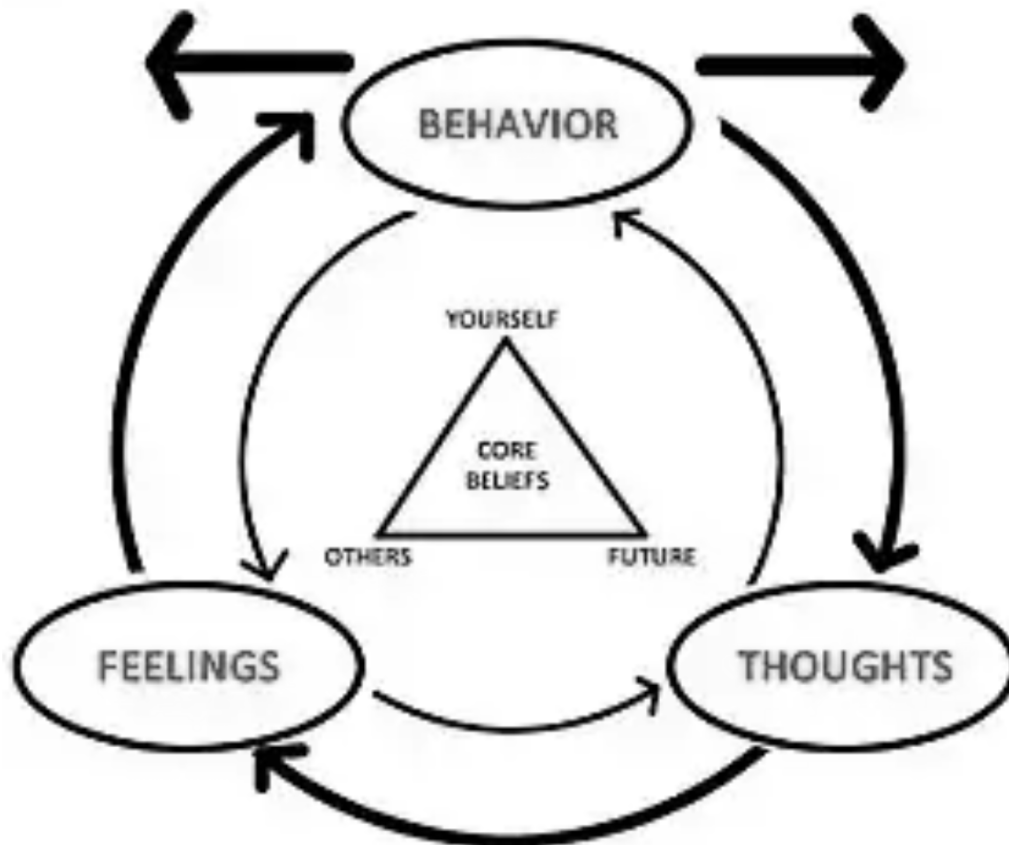
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SHAME



Shame is an unpleasant self-conscious emotion typically associated with a negative evaluation of the self; withdrawal motivations; and feelings of distress, exposure, mistrust, powerlessness, and worthlessness

COGNITIVE BEHAVIORAL THERAPY

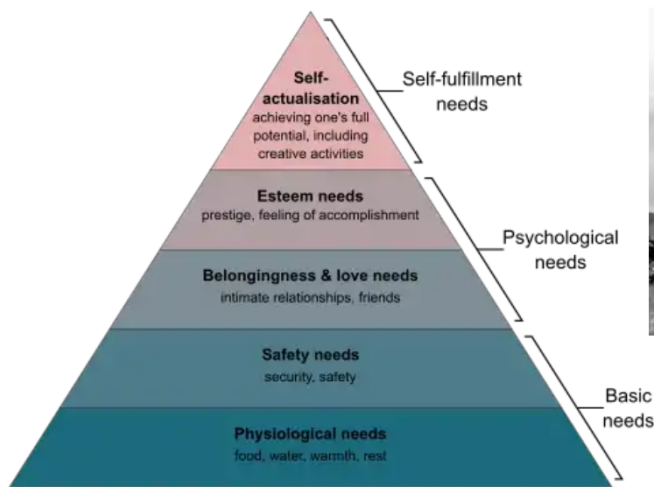


Cognitive behavioral therapy (CBT) is a psycho-social intervention that aims to improve mental health. CBT focuses on challenging and changing unhelpful cognitive distortions (e.g. thoughts, beliefs, and attitudes) and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems. Originally, it was designed to treat depression, but its uses have been expanded to include treatment of a number of mental health conditions, including anxiety. CBT includes a number of cognitive or behavior psychotherapies that treat defined psychopathologies using evidence-based techniques and strategies.

Max-Neef's Fundamental human needs

Existential needs
Being
Having
Doing
Interacting
Axiological needs
Subsistence
physical health, mental health, equilibrium, sense of humour, adaptability
food, shelter, work
feed, procreate, rest, work
living environment, social setting
Protection
care, adaptability, autonomy, equilibrium, solidarity
insurance systems, savings, social security, health systems, rights, family, work
cooperate, prevent, plan, take care of, cure, help
living space, social environment, dwelling
Affection
self-esteem, solidarity, respect, tolerance, generosity, receptiveness, passion, determination, sensuality, sense of humour
friendships, family, partnerships, relationships with nature
make love, caress, express emotions, share, take care of, cultivate, appreciate
privacy, intimacy, home, space of togetherness
Understanding
critical conscience, receptiveness, curiosity, astonishment, discipline, intuition, rationality
literature, teachers, method, educational policies, communication policies
investigate, study, experiment, educate, analyze, meditate
settings of formative interaction, schools, universities, academies, groups, communities, family
Participation
adaptability, receptiveness, solidarity, willingness, determination, dedication, respect, passion, sense of humour
rights, responsibilities, duties, privileges, work
become affiliated, cooperate, propose, share, dissent, obey, interact, agree on, express opinions
settings of participative interaction, parties, associations, churches, communities, neighbourhoods, family
Idleness
curiosity, receptiveness, imagination, recklessness, sense of humour, tranquility, sensuality
games, spectacles, clubs, parties, peace of mind
daydream, brood, dream, recall old times, give way to fantasies, remember, relax, have fun, play
privacy, intimacy, spaces of closeness, free time, surroundings, landscapes
Creation
passion, determination, intuition, imagination, boldness, rationality, autonomy, inventiveness, curiosity
abilities, skills, method, work
work, invent, build, design, compose, interpret
productive and feedback settings, workshops, cultural groups, audiences, spaces for expression, temporal freedom
Identity
sense of belonging, consistency, differentiation, self-esteem, assertiveness
symbols, language, religion, habits, customs, reference groups, sexuality, values, norms, historical memory, work
commit oneself, integrate oneself, confront, decide on, get to know oneself, recognize oneself, actualize oneself, grow
social rhythms, everyday settings, settings which one belongs to, maturation stages
Freedom
autonomy, self-esteem, determination, passion, assertiveness, open-mindedness, boldness, rebelliousness, tolerance
equal rights
dissent, choose, be different from, run risks, develop awareness, commit oneself, disobey
temporal/spatial plasticity

HIERARCHY OF NEEDS



Maslow's hierarchy of needs is used to study how humans intrinsically partake in behavioral motivation.

Maslow used the terms "physiological", "safety", "belonging and love", "social needs" or "esteem", and "self-actualization" to describe the pattern through which human motivations generally move. This means that in order for motivation to arise at the next stage, each stage must be satisfied within the individual themselves. Additionally, this theory is a main base in knowing how effort and motivation are correlated when discussing human behavior. Each of these individual levels contains a certain amount of internal sensation that must be met in order for an individual to complete their hierarchy. The goal in Maslow's theory is to attain the fifth level or stage: self-actualization.

Maslow's theory emerged and was informed by his work with Blackfoot Nation through conversations with elders and inspiration from the shape and meaning of the Blackfoot tipi. However, Maslow's theory has been criticized for misrepresenting the Blackfoot worldview, which instead places self-actualization as a basis for community-actualization and community-actualization as a basis for cultural perpetuity, the latter of which exists at the top of the tipi in Blackfoot philosophy.

Gaining attention, for direction

OBJECTIVE

MORALITY

& the political
compass

Liberal

conservative
authoritarian

META AWARE
OF THEIR OWN CHOICES
But still caught in
them

Disbelieve
Others..

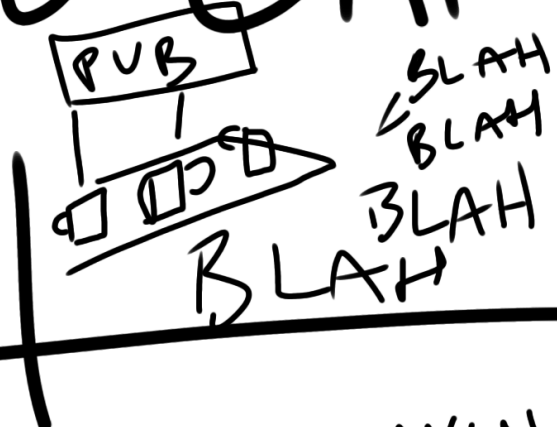
SLEEPING
W/ THE
ENEMY

~~STIC
SALAH
ANDZ
TIONS~~
~~HOPE~~

UNABLE TO FEEL
OR MEET INDIVIDUAL
NEEDS, AMIDST GROUP
CHAOS

- WHY YOU HANGING
OUT W/ THESE
PHONIES/FONIES?
- MCKENZIE

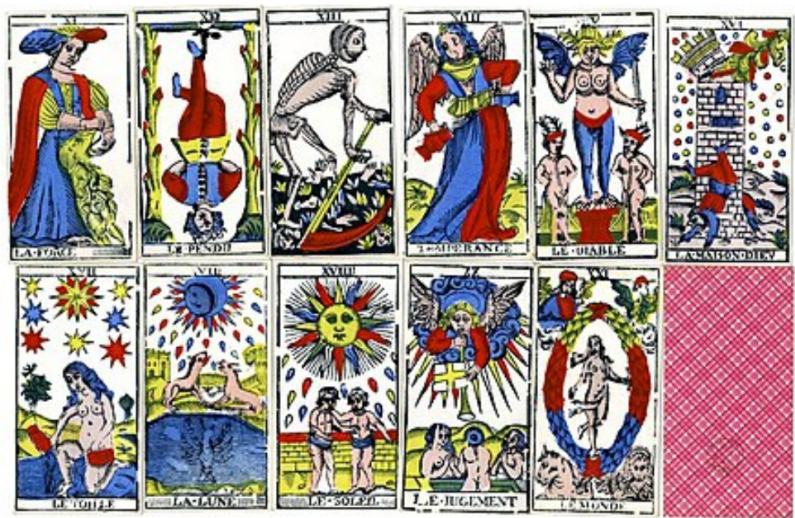
"EGO GAMES"



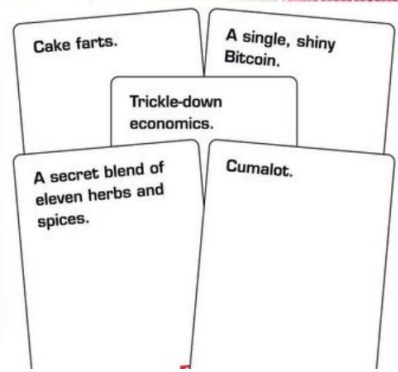
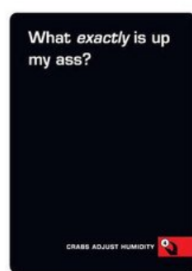
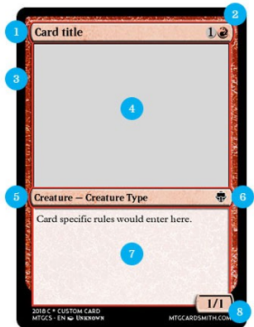
BLAH
BLAH
BLAH

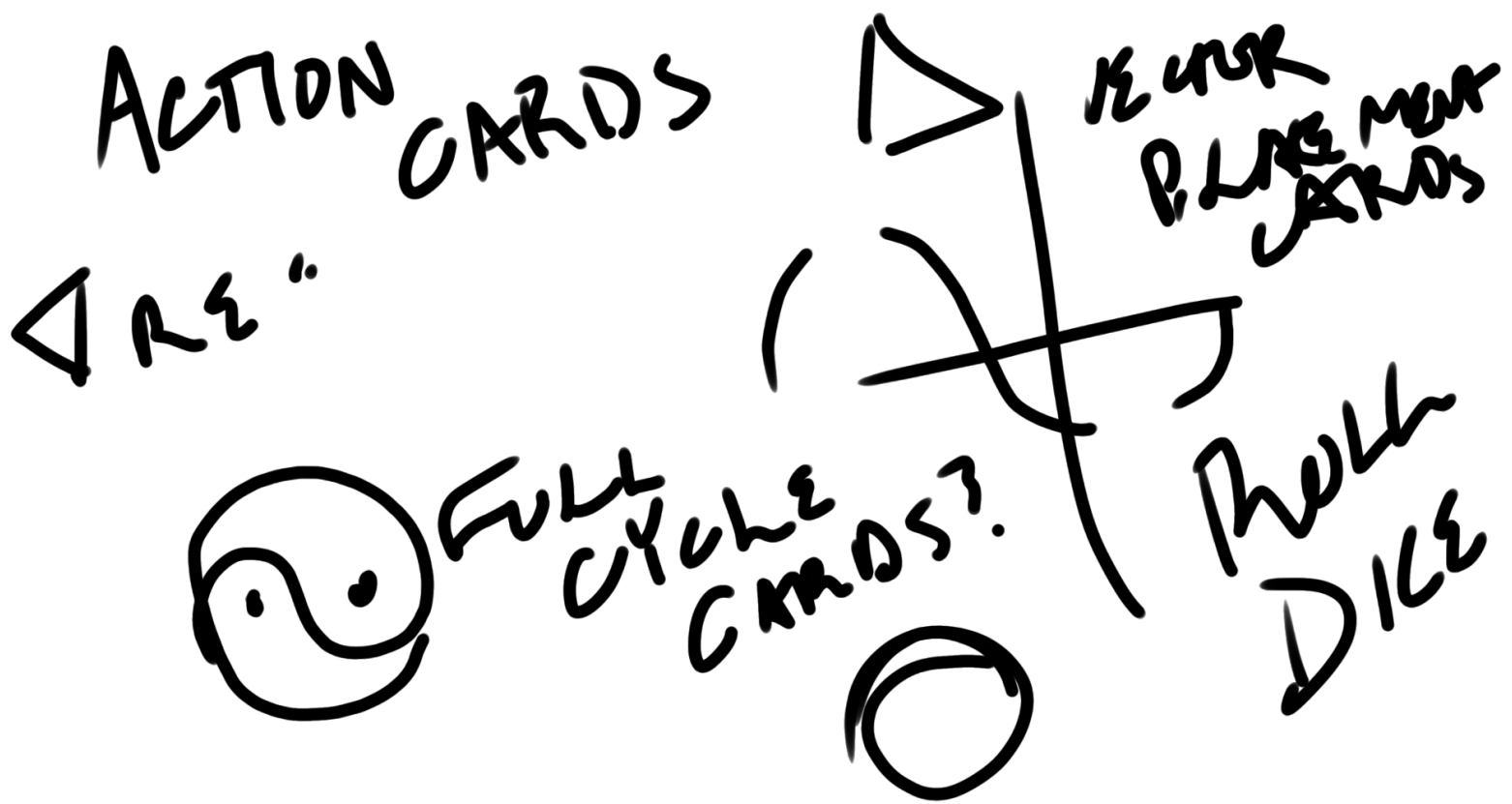
WE'RE ALWAYS PLAYING EGO GAMES
FIND YOUR PARTNER

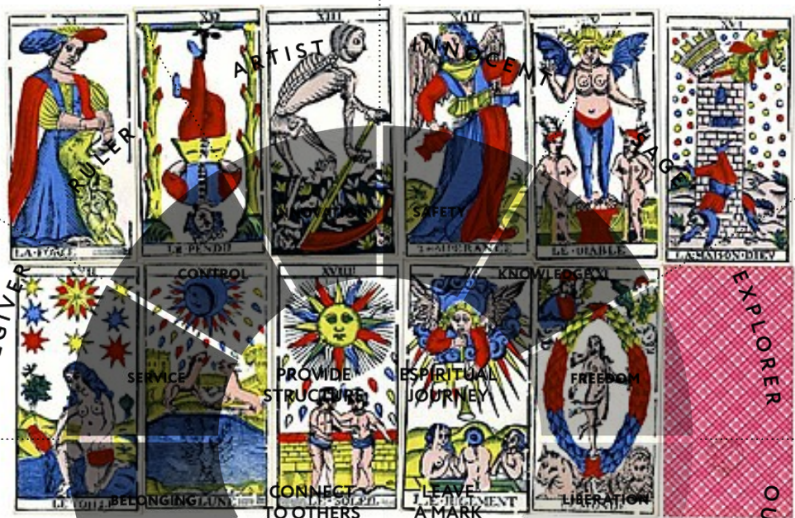
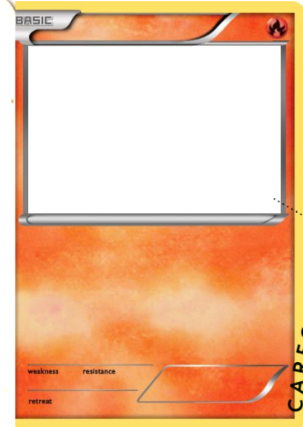
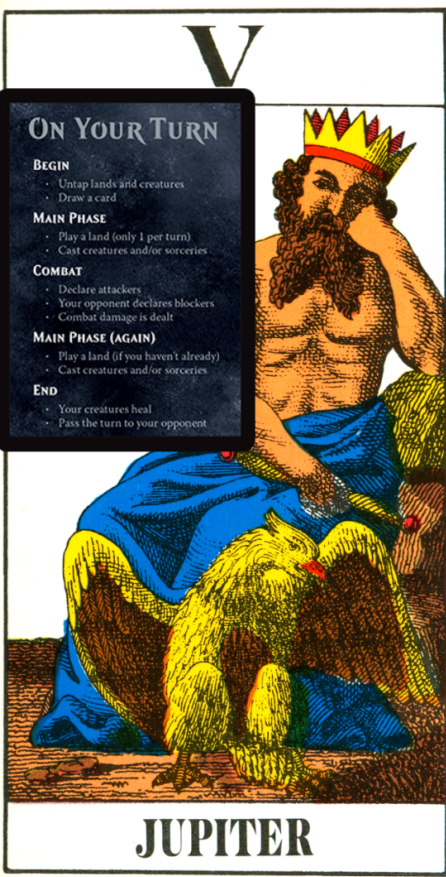
MONKEY
GAMES



- 1 Card title. You can't have more than 4 cards with the same name in your deck.
- 2 Casting cost. How expensive it is to cast this spell.
- 3 Border color. Indicates the color (white, blue, black, red and/or green) of the card. Lands and artifacts have no color, and specific borders.
- 4 Card image.
- 5 Card type and subtype. States which kind of spell is being cast.
- 6 Rarity indicator. Black means that this is a common card. A rare card would have a golden symbol.
- 7 Textbox. For card specific rules and flavor text.
- 8 Power/Toughness box. If the spell is a creature, this box would have its stats for combat.







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